

We're on the Web!
www.asburyvillagegodfrey.com



| <u>Shopping Trips:</u> | | |
|------------------------|-------|-----------------------|
| Nov. 5 | 10:30 | Target |
| Nov. 7 | 9:00 | Bank Run |
| | 10:30 | Schnucks |
| | 2:00 | Aldi/ Dollar Tree |
| Nov. 12 | 10:30 | Walgreens/CVS |
| Nov. 19 | 10:30 | Walmart |
| Nov. 26 | 10:30 | Dierberg's / Michaels |

NOVEMBER BIRTHDAY'S

Resident Birthdays

| | | |
|------------------|-----|-------|
| HAUSMANN, FRAN | WT | 11-02 |
| FITZPATRICK, KAY | WP | 11-04 |
| PITCHFORD, NORMA | WT | 11-04 |
| FREDERICK, CAROL | McK | 11-05 |
| SEVIER, PAM | SFH | 11-07 |
| WILD, JOYCE | WT | 11-08 |
| DREW, DAN | McK | 11-09 |
| GABRIEL, JOHN | WT | 11-09 |
| SHAKE, MARLENE | McK | 11-12 |
| WYSS, RAYE | PV | 11-12 |
| PONDOLA, JUDY | McK | 11-15 |
| JENKINS, DON | PV | 11-18 |
| HAUSMANN, RALPH | WP | 11-22 |
| SCANLAN, RUTH | FH | 11-22 |
| IMAN, NORMAN | WP | 11-24 |
| SAAF, ARNIE | PV | 11-25 |
| BEHRENS, MAGGIE | WP | 11-26 |
| WARDEIN, ELAINE | PV | 11-27 |

Employee Birthdays

| | |
|-----------------------------------|-------|
| WILD, JOYCE - DIR. OF ADM. SERV. | 11-08 |
| CARROLL, MERRIE JO - RECEPTIONIST | 11-18 |
| JOHNES, SARAH RECEPTIONIST | 11-20 |
| POWELL, PEGGY RECEPTIONIST | 11-20 |
| HOWARD, SCOTTIE CNA | 11-28 |
| BALDWIN, JOHNETTA CNA | 11-29 |



*Asbury Village honors and respects our residents and welcomes people

Villageoice

NOVEMBER 2024



DEDICATION AND RIBBON CUTTING FOR OUR WALKING PATH AND BENCHES

Welcome New Residents

Alvin Roderfeld- 333 WP
Mabel Roth- 5203 Aldersgate
Lucy Campion- 312 WP





Anita's Ad-libs



As the crisp air of November settles in and the leaves begin to fall, we find ourselves reflecting on the many things for which we are thankful. This month is not just about Thanksgiving; it's an opportunity to embrace gratitude in our daily lives and strengthen our community bonds.

As we approach Veterans Day on November 11, it's a poignant time to honor and reflect on the bravery and sacrifices made by our veterans. This day serves as a reminder of the courage displayed by those who have served in the military, protecting the freedoms we cherish. In our community, we are fortunate to have 34 residents and 3 employees who are veterans themselves. Their stories are a treasure trove of history, courage, and resilience. This month, we encourage everyone to take a moment to connect with our veteran residents and employees, listen to their experiences, and express gratitude for their service. Each story offers a unique glimpse into a past that shaped our nation.



As we reflect on the sacrifices made by our veterans, let us also acknowledge the importance of peace and the ongoing efforts to support our active military members and veterans alike. Together, we can build a community that values service, compassion, and understanding.

Thank you to all our veterans for your service. We are proud to have you in our community, and we honor your legacy this Veterans Day and every day.

We will host a special Veterans Day ceremony on November 11th at 1:30pm to recognize and celebrate our resident and employee veterans. This will be a meaningful gathering filled with remembrance, respect, and camaraderie. We invite everyone to join us in honoring those who have served and to participate in a reception immediately following. Also, please see the special posting in this newsletter about our plans to attend the Alton Rotary Salute to Veterans featuring the Glendale Riders on November 9th at LCCC. Don't forget to sign up.

Welcome Linzi Sweetin, Our New Director of Community Life! We are excited to announce the arrival of Linzi Sweetin as our new Director of Community Life! Linzi's commitment to enhancing community experiences aligns perfectly with our mission to provide a vibrant atmosphere for everyone. Linzi has a background in community engagement and program development, having worked in various senior living settings where she successfully implemented activities. In addition, her master's in social work will compliment her role. Her innovative ideas and enthusiasm for building relationships will undoubtedly enrich our community life.

Please join us for a Welcome Linzie Reception on Friday, November 1st during coffee and donuts at 9:00am. We look forward to the positive impact she will have and invite you to introduce yourselves when you see her around. Welcome aboard, Linzi!

I would like to extend a heartfelt thank you to Mary Springman for her exceptional talents and dedication in creating this wonderful November edition of our newsletter. Your hard work and creativity truly shine through every page.

Wow! We'd like to thank Bob and Irene Gulovsen for your fascinating presentation on 1001 Nights on the Arabian Peninsula. We learned so much about your life while living and working in the United Arab Emirates. Thank you for your time presenting your treasures and experiences to us. It was enjoyed by all! *We look forward to other residents sharing life experiences in the future! Let us know when you're ready to plan.*

I wanted to share a few highlights of the November calendar of events that have been planned for you. Please mark your calendars and plan to attend:

**HEALTH & WELLNESS
NOVEMBER- BRAIN
HEALTH**

**TEAMS ARE WELCOMED
NOT REQUIRED!**

**Brain Boosting
Trivia**

JOIN US FOR 10 ROUNDS OF TRIVIA!

November 6th, 2024

Intellectual



From the desk of Nicole Reed, LPN Health & Wellness Navigator

How is the year almost over, already? Time has really flown by.

For the month of November, we will focus on Brain Health! Brain health is a critical part of your overall health. It underlies your ability to communicate, make decisions, solve problems and live a productive life! Here are some helpful tips to improve your brain health!

- You should practice “brainy” exercises, such as working a jigsaw puzzle, playing cards, learning a new skill and listening and/or playing music.
- Your diet can also impact your brain health! You should try to avoid saturated and trans fats and make water your best friend.
- Stress less! I know that can be much easier said than done.
- Remember to know your stressors, breathe and acknowledge your feelings. Remember we have Live Well Counseling available if you need someone to talk to!
- Physical exercise and getting enough sleep are also vital for our brain.

I have also created a list of brain boosting foods and activities to check out this month! You will find them in this newsletter. Give it a try!

Fun Facts about the Brain!

Did you know the adult human brain weighs about 3 pounds!

About 75% of your brain is made of water, so dehydration, even in small amounts, can negatively impact how your brain functions!

The brain is the fattiest organ in your body, it makes up at least 60% fat!

When you're awake your brain generates about 12-25 watts of electricity, enough to power a small light bulb!

To improve our brain health this month, we will be having **Brain Boosting Trivia!** Be on the lookout for our health and wellness flyer with the date and time.

😊 Let's Stay Healthy
Nicole

November 1 – 9:00 am Welcome Reception for Linzi Sweetin
The drawing for the beautiful Breast Cancer Awareness afghan donated by Darlene Gulovsen will be held at 9:30am

November 5 – Election Day – **PLEASE VOTE!!** We are a voting precinct in the Wiseman Pollock Coffee Area
Coffee and pastries will be held in the WP 1st floor game room.



November 6 – 2:00 pm Brain Fitness Health and Wellness Event



November 8 – Asbury Village Bazaar – **Come visit and get a head start on Christmas Decorating or shopping.** *Please note that the drawing for the beautiful quilt raffle created by our Asbury pins and needles sewing group will be held this day.*

November 11 - 1:30 pm Veterans Day Ceremony

November 13 – 3:00 pm Entertainment by Jim Mager, City of Godfrey's, Economic Director

November 14 – 2:15 pm – Entertainment by Reka Travena – you won't want to miss this

November 15 - 1:30 pm Turkey Pool & Shuffleboard Tourney

November 20 – New Resident Welcome Pie Social hosted by Resident Council
– **ALL RESIDENTS WELCOME!**—



November 22 – Friendsgiving Happy Hour – 2:00-3:00 pm – Fun, food, and friendship!!

November 27 – 10:00 am – Ask Anita – Come here the community updates

A Heartfelt Thank You to Our Leadership Team as we wrap up the month of October, I want to take a moment to express my deepest gratitude to our entire Leadership Team. Your unwavering support, dedication, and creativity have made a significant impact on our community life this past month from planning and shopping to participating in activities, each member of the team stepped up to ensure that our residents enjoyed a month full of engagement and joy. It has been inspiring to witness new talents emerging and everyone coming together to contribute their unique skills. I truly admire the TLC and the enthusiasm you all brought to the table. Your efforts not only ensured that our activities continued seamlessly but also created an atmosphere of fun and connection that our residents cherish.



Chaplain Appreciation Day is planned for November 15th. Join us at 9:00 am for coffee and donuts to honor Chaplain Jackie Havis. We want to take a moment to express our heartfelt gratitude for the incredible support, compassion, and guidance you provide to our community. Your presence brings comfort and hope to residents and staff alike, creating a nurturing environment where everyone feels valued and cared for. Your dedication to serving others, leading meaningful spiritual services, and offering a listening ear has touched countless lives. Whether through prayer, counsel, or simple acts of kindness, you embody the spirit of compassion that defines our community. *Thank you for your unwavering commitment to fostering a sense of peace and connection among us. We are truly blessed to have you as our Chaplain.*

As we approach the end of the year, let's take this time to celebrate our community, express our gratitude, and look forward to the joys of the upcoming holiday season. Together, we can create a warm and welcoming environment filled with love and appreciation. **Wishing you all a wonderful November!**

Warmly, **Anita**

Your Council Members

| | | | |
|------------------------------|--------------|----------------|--------------|
| Mary Ann Forcade (President) | 618 920-3361 | Valerie Pelot | 618 433-1522 |
| Bonnie Fox (V.President) | 618 917-4978 | Ollie Reszler | 314 285-5078 |
| Marcia Callis (Secretary) | 618 520-4936 | Arnie Saaf | 618 219-5773 |
| Charla Canale | 618 796-8537 | Carol Sawyer | 618 792-1094 |
| Nancy Dorris | 618 444-6004 | Elaine Wardein | 618 466-6610 |
| Jerry Leonard | 618 830-5403 | Rita Wyatt | 618 463-1619 |
| Bob Parish | 618 535-6781 | | |

If you have questions or concerns please contact one of the above council members and it will be discussed at our next meeting.

Asbury Village Board Members

| | | |
|----------------|----------------|--------------------|
| Donna Bemis | Zeke Jabusch | Rev. William Pyatt |
| Andy Bowen | Paul J. Jun | Mary Reilly |
| James Herndon | John Keller | Stephen Schwartz |
| Jack Hoelscher | Jeff Lauritzen | Rev. Kim Stuby |
| | Mike McCormick | Karen Wilson |

Dining Room Committee

Betty Light - Chairman
Kay Fitzpatrick
Anita Forbes
Mary Henley
Rose Roggow

Mary Ann Forcade - Council Representative

This committee meets every two months.

If you have questions, concerns, suggestions or compliments regarding the dining room, please contact one of these members and it can be discussed at the next meeting.

Activity Committee

Kay Agard
Linda Rainey
Cecil Edwards

This committee meets monthly to discuss and plan activities for the following month.

Suggestions for outings or activities are welcome. Feel free to contact one of these members with your ideas to be discussed at the next meeting.

Your Village Ambassadors

| <u>Wiseman-Pollock</u> | <u>McKendree</u> | <u>Villas</u> | <u>Homes</u> |
|---------------------------|------------------|-----------------|---------------------------|
| Nancy Dorris | Linda Rainey | Shirley Bachman | Ruth Scanlon & |
| Jerry & Etta Jane Leonard | Martha Darr | Elaine Wardein | Larry Peiman |
| JoAnn Phelps | Lorene Flowers | Rose Roggow | <u>Back up Ambassador</u> |
| | | Arnie Saaf | Darlene Gulovsen |

Updates from Shannon Dey, R.N. Weston Assisted Living Director



DEMENTIA SUPPORT GROUP

We invite you to join us for a discussion about living with Dementia, risk factors and prevention strategies.

PLEASE JOIN US
THURSDAY, NOVEMBER 14TH
5PM - 6PM
BENJAMIN-GODFREY
AUDITORIUM



Call or Email to RSVP

Shannon Dey
sdey@avgodfrey.org
618-467-0191

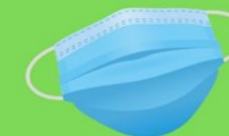
WHAT IF ITS NOT JUST A COLD?

It is Respiratory Illness (Flu, RSV, COVID) season. While some may only have mild symptoms, others can get very sick.

KEEP IN MIND, BE KIND



STAY AWAY FROM OTHERS UNTIL YOU CAN BE TESTED



WEAR A MASK AND NOTIFY THE FRONT DESK OF SYMPTOMS.



Vaccine Clinic

Provided by Medicine Shoppe of Wood River

Flu Pneumonia, COVID booster, Shingles

Tuesday
November 12th
10a-11a
Game Room

Sign up at WP Reception Desk

Open to Employees

“Tidbits” from Community Life Services



Please allow me to introduce, Ms. Linzi Sweetin, Community Life Director. I must say, if this picture is any indication, she is going to fit right in to our crazy Community Life. I can't wait to hear her plans. Please join me in welcoming Linzi. I know you will give her the same support and friendship you have given me.

Right now I am involved with family and community events that keep me busy. But, as I promised...I will soon be starting up our volunteer group. I miss you all and can't wait to catch up on my missed hugs.

Love you all...Mary

Brain Boosting FOODS

Give your brain a healthy boost by incorporating as many of following BRAIN BOOSTING ACTIVITIES into your day.
How many can you check off this month?

| | | |
|----------------|------------------|-----------------|
| Spinach | Brussels Sprouts | Kale |
| Raisins | Sage | Celery |
| Turkey | Pumpkin Seeds | Chard |
| Blueberries | Acai | Strawberries |
| Almonds | Green Tea | Kimchi |
| Fish | Red Grapes | Blackberries |
| Eggs | Peppers | Carrots |
| Coffee | Water | Sunflower Seeds |
| Oatmeal | Thyme | Peanuts |
| Beef | Chia Seeds | Cabbage |
| Walnuts | Chamomile Tea | Pickles |
| Broccoli | Sweet Corn | Cabbage |
| Avocados | Parsley | Pickles |
| Dark Chocolate | Flax Seeds | Olive Oil |
| Lentils | Raspberries | Asparagus |
| Beets | Tomatoes | Red Wine |
| | Turmeric | Ginkgo |

GRATEFULNESS

November is National Gratitude month, and the beginning of the season when many people may begin to think about what they are grateful for in their life. While it is nice to count your blessings during the holidays, practicing gratitude for the big and small things in your life can benefit your life all year round.

Research has shown that consciously practicing gratitude can reduce feelings of stress and anxiety. In fact, studies have found that a single act of thoughtful gratitude produces an immediate 10% increase in happiness, and a 35% reduction in depressive symptoms. These effects disappeared within three to six months, which reminds us to practice gratitude over and over.

Mental Health First Aid from National Council for Mental Well-Being, 2022



Debbie's famous cakes are always the highlight of our Birthday Lunches.



Bob and Irene Gulovsen shared experiences from their life in the United Arab Emirates.



How do you like our new bus signage?



Happy Birthday, Don. Gotcha!



Fall Festival



LOCAL CRAFTERS & ARTISTS WITH UNIQUE CREATIONS & MEMORABLE GIFTS, A WIDE VARIETY OF JEWELRY, DECORATIONS, WOODWORKING, BAKED GOODS AND MORE!!

5201 ASBURY AVE
GODFREY, IL 62035

FOR MORE INFORMATION,
PLEASE CALL 618-466-8662





Physical

“Lifestyle and Wellness Program”

Physical Wellness



Physical



SIT 2 FIT EXERCISE CLASSES

**Monday, Wednesday and
Friday
11:15 a.m.
Benjamin Godfrey
Auditorium**



GET FIT EXERCISE CLASSES

**Tuesday and Thursday
11:15 a.m.
Benjamin Godfrey
Auditorium
Led by Meredith**



SIT & BE FIT

**Every Monday, Wednesday and
Friday at**

3:00 pm on Channel 2493

Among many other things, this form of exercise:

Maintains and increases joint range of motion

Decreases joint pain and stiffness

Improves physical conditioning

Reduces stress, helps maintain a positive attitude

Morning Exercise Channel 2493

*Monday—Saturday mornings
at 10:00 a.m.*

*If you have any questions,
please call Community Life Services!*

Village Fitness Center

OPEN HOURS —Plan according to your own lifestyle.

Need personal training? Please call the WP Receptionist Desk & schedule a training session.



*A wonderful recognition for our food
service workers. Happy Food Ser-
vice Workers Week. Thank you all.
You are appreciated.*



*Choir
Rehearsal*




IL Games Galore Group

*A special,
“Thank you” to
our IL
volunteers.*



*An interview with Jim Mag-
er, Godfrey Economic Direc-
tor. Hope you all caught his
wonderful article in the
newspaper.*





Brain Boosting Activities

Give your brain a healthy boost by incorporating as many of following BRAIN BOOSTING ACTIVITIES into your day.
How many can you check off this month?

☐ Exercise
☐ Listen to Music
☐ Dance
☐ Golf
☐ Yoga
☐ Sleep Well
☐ Power Nap
☐ Get Organized
☐ Floss
☐ Garden
☐ Practice Handwriting
☐ Have Positive Friends
☐ Have Happy Talks
☐ Laugh
☐ Reminisce

☐ Play Video Games
☐ Watch TV
☐ Lie Down
☐ Stay Hydrated
☐ Spend time with family
☐ Chew Gum
☐ Do Something New
☐ Use a Map
☐ Play an Instrument
☐ Keep a journal
☐ Do Art
☐ Shopping
☐ Talk A Walk
☐ Read the newspaper
☐ Be Possitive

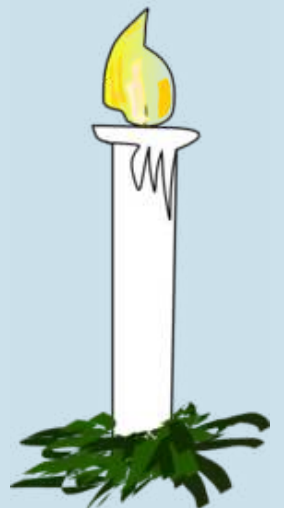
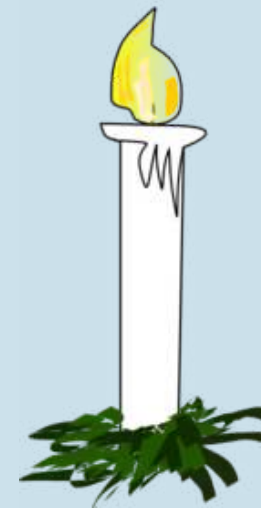





Happy Halloween



A message from Jackie Havis, Chaplain

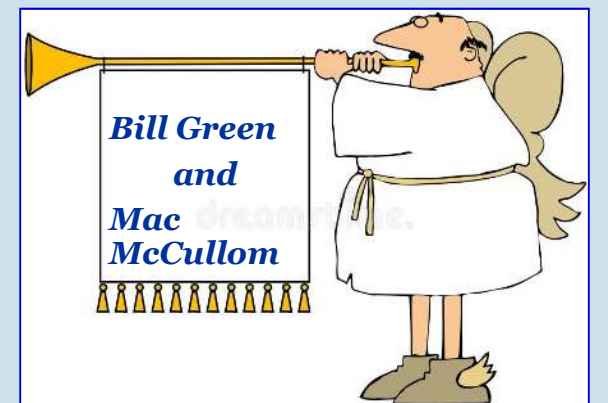


Advent Bible Study Begins November 6th

We will prepare ourselves for the Season of Advent before the actual Advent Season arrives. Schedules get so busy during the Christmas Holidays. What more can we do than to be prepared in our souls and spirits, as well as our plans and activities? **November 6th, at 3 pm**, Chaplain Jackie will lead our first Advent Bible Study. The title is, "Just As He Promised."

The birth story of Christ is one of the most well-known in Scripture, and we often turn to the passages in Matthew and Luke as part of our Christmas tradition. Many of us can even recite the major facts of this famous story. But is there more to Christ's birth than just being able to state those facts? Just As He Promised, focuses upon the ways in which the birth of Christ proves that God keeps promises!

Join us in the Benjamin Godfrey Room



| Sunday | Monday | Tuesday | PAGE 10 | NOVEMBER |
|--|--|---|--|----------|
| <div></div> | | | Color Code: Spiritual: Brown Red: Entertainment Blue: Outings *F Green: Exercise | |
| 3 10:15 Mac's Time Out Brunch* 1:00 Resident Cards & Dice WP 6:00 Sunday Evening Worship CH Speaker: Betty Gengler Piano: Tony | 4 10:00 Morning Exercise Ch2493 10:00 Pins and Needles GR 11:15 Sit2Fit Exercise SSP BGA 1-3 Wii Bowling BGA 12:45 Ladies Bible Study CR 2:00 Asbury Village Choir CH 2:00 Library Committee 2:30 Blood Pressure Check WP Lobby 3:00 Sit & Be Fit Ch2493 7:00 Resident BINGO \$1 BGA | 5 ELECTION DAY 9:00 Tuesday Pastries GR 10:00 Morning Exercise Ch2493 10:30 Target* 10-12 Rotation Pinochle GR 11:15 GET FIT w/ Meredith 1:00 BINGO BGA 2:30 Rosary CH 3:00 Catholic Communion CH 3:30 Texas Roadhouse * 7:00 Tuesday Night Movie Ch 2493 | 6 10:00 Morning F 11:15 Sit2Fit led 1:00 Bible Study 2:00 Trivia - Brain and Wellness Ever 3:00 Sit & Be Fi 4:00 Baker's & F Dinner Night O 7:00 Resident B | |
| 10 1:00 Resident Cards & Dice WP 6:00 Sunday Evening Worship CH Speaker: Rhoda Warner Piano: Betsy Arnold | 11 10:00 Morning Exercise Ch2493 11:15 Sit2Fit Exercise SSP BGA 1-3 Wii Bowling BGA 12:45 Ladies Bible Study CR 1:30 Asbury Veterans Day Program in the Chapel 2:00 Veterans Reception WP 3:00 Sit & Be Fit Ch2493 7:00 Resident BINGO \$1 BGA | 12 9:00 Tuesday Pastries WP 10:00 Morning Exercise Ch2493 10:30 Walgreens/CVS* 10-12 Rotation Pinochle WP 11:00 Activity Committee WP 11:15 GET FIT w/ Meredith 1:00 BINGO BGA 2:30 Rosary CH 3:00 Catholic Mass CH 3:45 Texas Roadhouse- Edw* 7:00 Tuesday Night Movie Ch 2493 | 13 10:00 Morning F 11:15 Sit2Fit led 11:30 Bible Stud 1:00 Resident C Game Room Co 3:00 Jim Mager En Chapel 3:00 Sit & Be Fi 7:00 Resident B | |
| 17 1:00 Resident Cards & Dice WP 3:30 Bella Milano* 6:00 Sunday Evening Worship CH Speaker: Mike Solomon Piano: Betsy Arnold | 18 10:00 Morning Exercise Ch2493 10:00 Needles & Pins McK LR 11:15 Sit2Fit Exercise SSP BGA 1-3 Wii Bowling BGA 12:45 Ladies Bible Study CR 2:30 Blood Pressure Check WP Lobby 2:00 Asbury Village Choir CH 3:00 Sit & Be Fit Ch2493 7:00 Resident BINGO \$1 BGA | 19 9:00 Tuesday Pastries WP 10:30 Walmart* 10:00 Morning Exercise Ch2493 10-12 Rotation Pinochle WP 11:15 GET FIT w/ Meredith BGA 1:00 BINGO BGA 2:30 Rosary CH 3:00 Catholic Communion CH 7:00 Tuesday Night Move Ch 3:45 Dinner at Hendels* 7:00 Tuesday Night Movie Ch 2493 | 20 9:00 Men's Coffe 10:00 Morning F 1:00 Bible Study 1:15 Sit2Fit led 2:00 New Reside Friendsgiving Ple Resident Council 3:00 Sit & Be Fi 7:00 Resident B | |
| 24 1:00 Resident Cards & Dice WP 1:00 Best of Broadway-Alton Little Theatre* Purchase tickets on your own.* 6:00 Sunday Evening Worship CH Speaker: Lois Mitchell Piano: Betsy Arnold | 25 10:00 Morning Exercise Ch2493 11:15 Sit2Fit Exercise BGA 1-3 Wii Bowling BGA 12:45 Ladies Bible Study CR 2:00 Asbury Village Choir 3:00 Sit & Be Fit Ch2493 7:00 Resident Bingo \$1- WP Cof-fee Room | 26 9:00 Tuesday Pastries WP 10:00 Morning Exercise Ch2493 10:30 Dierbergs, Michaels & Culvers-Edwardsville* 10-12 Rotation Pinochle WP 11:15 GET FIT w/ Meredith GR 1:00 BINGO BGA 7:00 Tuesday Night Move C 2:30 Rosary CH 3:00 Catholic Communion CH 7:00 Tuesday Night Movie Ch 2493 | 27 10:00 Morning F 10:00 Ask Anita 11:15 Sit2Fit led 1:00 Bible Study 3:00 Sit & Be Fi 7:00 Resident B | |

“Party on Broadway” came to our independent residents and showed us all how to paint a fun scarecrow.



Preparing the ribbon for the walking path dedication.



So that is how he got to be a wickedly good cook.



Hayner Library stopped by to update us on there services and what is new at the library.



S'MORE Fun and snacks on Weston.



Mmmm...Weston has appetizers and a chat with Kyle.

| MBER | Thursday | Friday | PAGE 11 Saturday |
|--|---|--|---|
| ent/Events Requires sign up | Location Code: CR—Conference Room CH - Chapel DR - Dining Room HS - Hospitality Suite WP 3rd floor BGA-Benjamin Godfrey Aud. LR - WP Living Room WP - Wisman Pollack GR—Game Room | 1 9:00 Coffee Hour WP Lobby 10:00 Morning Exercise Ch2493 10:00 All Saints Service CH 11:15 GET FIT Exercise led by SSP BGA 1:00 Cornhole Tourney BGA 3:00 Sit & Be Fit Ch2493 | 2 10:00 Morning Exercise Ch2493 1:00 Resident Hand & Foot WP 3:30 Catholic Communion CH 7:00 Saturday Night Movie Ch2493 |
| Exercise Ch2493 l by SSP BGA y BGA Fitness Health nt t Ch2493 Hale Men's ut* unco BGA | 7 9:00 Bank Run* 10:00 Camera Club 10:30 Schnucks* 11:00 Dining Room Committee Meeting—CR 10:00am Exercise Ch2493 11:15 GET Fit/Meredith BGA 2:00 Aldi/Dollar Tree * 2:00 Dice & Cards GR 7:00 Thursday Night Movie Ch2493 | 8 9:00 Coffee Hour Cancelled 10:00 Morning Exercise Ch2493 ASBURY BAZAAR 9:00—2:00 11:15 GET FIT Exercise led by SSP BGA 3:00 Sit & Be Fit Ch2493 | 9 10:00 Morning Exercise Ch2493 1:00 Resident Hand & Foot WP 3:30 Catholic Communion CH 6:00 Rotary Salute to Vets Glendale Riders—LCCC * 7:00 Saturday Night Movie Ch2493 |
| Exercise Ch2493 l by SSP BGA ly & Lunch ouncil Meeting- nf. Room ertainment t Ch2493 unco BGA | 14 10:00 Morning Exercise Ch2493 10:00 Hodaks for Lunch* 2:15 Reka Travena Pianist in the Chapel 11:15 GET Fit/Meredith BGA 5:00 Dementia Support Group 7:00 Thursday Night Movie Ch2493 | 15 9:00 Coffee Hour WP Lobby 10:00 Morning Exercise Ch2493 10:00 Worship CH 11:15 GET FIT Exercise led by SSP BGA 1:30 Turkey Pool Shoot Tourney & Shuffle Board Tourney— Game Room 3:00 Sit & Be Fit Ch2493 | 16 10:00 Morning Exercise Ch2493 1:00 Resident Hand & Foot WP 3:30 Catholic Communion CH 7:00 Saturday Night Movie Ch2493 |
| ee Mingle. WP Exercise Ch2493 y BGA by SSP BGA nt Welcome Social-hosted by . BGA t Ch2493 unco BGA | 21 10:00 Morning Exercise Ch2493 10:00 Faloni's Italian Restaurant and Missouri Baking* 11:00 Book Club LR 11:15 GET FIT w/ Meredith BGA 2:30 Crafts 7:00 Thursday Night Movie Ch2493 | 22 9:00 Coffee Hour WP Lobby 9:00 Bank Run * 10:00 Worship 10:00 Morning Exercise Ch2493 11:15 GET FIT Exercise by SSP BGA 12:00 November Birthday Luncheon DR*** 11:30-3 Designer Jewelry Sale GR 2:00-3:30 Friendsgiving HAPPY HOUR WP | 23 9:30 Hickory Grove Break-fast* 10:00 Morning Exercise Ch2493 1:00 Resident Hand & Foot WP 3:30 Catholic Communion CH 7:00 Saturday Night Movie Ch2493 |
| Exercise Ch2493 CH l by SSP BGA y BGA t Ch2493 unco BGA | 28 Happy Thanksgiving 10:00 Morning Exercise Ch2493 7:00 Thursday Night Movie Ch2493 | 29 9:00 Coffee Hour WP Lobby 10:00 Worship Cancelled 10:00 Prairie Town* 10:00 Morning Exercise Ch2493 11:15 GET FIT Exercise led by SSP BGA 3:00 Sit & Be Fit Ch2493 | 30 10:00 Morning Exercise Ch2493 1:00 Resident Hand & Foot WP 3:30 Catholic Communion CH 7:00 Saturday Night Movie Ch2493 |



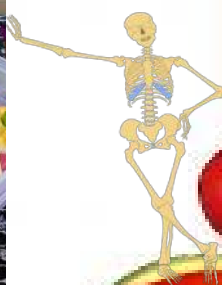
WESTON FALL TREATS AND SOCIAL HOUR.



S'mores
Please



WHAT?



A smile says it all!



RE: REQUEST TO DONATE BOOKS OCTOBER 2024

It is on donations that the Asbury Village Library operates. However, space is limited. We would be happy to review donations and return anything not needed in the Library to the donor. Goodwill and Salvation Army both accept book donations.

Asbury Village Library Committee