



MEET OUR NEW RESIDENT DIRECTOR!

Hello Select Senior Living residents!

I would like to take this opportunity to introduce myself to the residents here at Select Senior Living. My name is David Salmon (just like the fish!). I took over for Amy Koehnen as Resident Director October 8. As some of you may know, Amy moved on to a new career opportunity closer to her home.

As I start my new adventure here at Select, I look forward to meeting and getting to know each and every one of you. My goal is to make your experience here as enjoyable as possible. I have had the pleasure of meeting many of you, but if I haven't, please feel free to stop by my office or stop me in passing and introduce yourself. Again, it would be my pleasure to meet you!

Sincerely,
David Salmon



Brad and Barb braving the hayride at Anoka County Farm's Pumpkin Patch.



Judi, Elinor and Elizabeth enjoying the beautiful fall colors on a relaxing cruise down the Mississippi

NOVEMBER SPECIAL ACTIVITIES

- Thursday, November 4:**
2:00 pm Coupon Store
- Friday, November 5:**
3:00 pm Happy Hour
- Monday, November 8:**
3:00 pm Kitchen Helpers
- Tuesday, November 9:**
10:30 am Tastes & Traditions of WWII
1:15 pm Resident Council
- Wednesday, November 10:**
8:00 – 9:00 am Hot Breakfast
10:00 am Interim Blood Pressure Clinic
- Thursday, November 11:**
2:00 pm Veteran's Day Program
- Friday, November 12:**
3:00 pm Crafts Club
- Monday, November 15:**
3:00 pm November Birthday Party (in the Community Room)
- Tuesday, November 16:**
4:00 Appetizer Happy Hour
- Wednesday, November 17:**
10:00 am Faith Lutheran Communion Service
1:30 pm Men's Club
- Friday, November 19:**
3:00 pm Crafts Club
- Monday, November 22:**
1:15 pm Yahtzee with Anoka-Ramsey Students
3:00 pm Kitchen Helpers
- Wednesday, November 24:**
2:00 pm Harvest Tea

HAPPY BIRTHDAY!



- | | |
|------------------------|---------------------------|
| 11/2 Penny Brandon | 11/20 Bette Cyr |
| 11/4 Tiffany Washek | 11/20 Roxanne Krause |
| 11/5 Ruth Broberg | 11/20 Whitney Dahlvang |
| 11/6 Tyrone Jenkins | 11/23 Marguerite McGinnis |
| 11/7 Cheryl Sibernagle | 11/24 Victoria Greene |
| 11/10 Desiree Sisusa | 11/27 Jessica Karnis |
| 11/14 Debby Grahame | 11/28 Mary Campbell |
| 11/19 Cindy Carlson | |





ACTIVITIES NEWS:

Reserve the Community Room for your Holiday Gathering

Is your family gathering getting to be too big for your apartment? Reserve the Community Room for your next gathering and invite the family here! There is a small kitchenette, tables and chairs for 30 and plenty of space to spread out. Call Heather at (763)795-6026 to reserve the room now!

Birthday Party

Back by popular demand, the Birthday Party has moved back to the Community Room. Now you can have your normal lunch (skip the dessert only if you want) and then head down to the Community Room at 2:00 pm for birthday wishes, music, and cake! See you there **Monday, November 15th at 2:00 pm.**

Harvest Tea

Let's kick Thanksgiving off with a special harvest tea. Take some time during this busy holiday season to reflect on all the things you are thankful for with coffee, tea, hors d'oeuvres and friends.

Yahtzee with Anoka-Ramsey

Join the students from Anoka-Ramsey Community College for a special game of Yahtzee. Bring your luck and you too could be yelling "YAHTZEE!"

FROM THE KITCHEN

Exciting news for November: Appetizer Happy Hour is back! Mark your calendars for Tuesday, November 16th because we will serve a variety of drinks starting at 4:00 pm with a meal of hot and cold appetizers to follow at 4:30 pm. Don't miss this special Happy Hour served right in the Dining Room!

Another change you may have noticed recently is the breakfast cereals. We now have large cereal dispensers in the kitchen for continental breakfast. Once we use up the current supply of prepackaged cereal, we will have Cheerios, Corn Flakes, Raisin Bran and a rotating favorite cereal (such as Cinnamon Toast Crunch or Frosted Flakes).

MAINTENANCE MEMO

The heat is now on in the building. If you have any concerns about your apartment temperature, please contact Time. In November Tim will be doing apartment checks on 3rd Floor Apartments (East Building). Remember, Daylight Savings Time ends on Sunday, November 7th so you will need to set your clocks BACK 1 hour.

NURSING NOTES

Exercise has advantages for all ages. It keeps our bodies healthy. Some of the specific benefits of exercising when we get older are:

- 1) Better quality of sleep.
 - 2) Provides social interaction opportunities if we exercise with others.
 - 3) Provides stress relief.
 - 4) Releases natural Endorphins- chemicals in our brain that make us feel happier and more content.
 - 5) Helps improve brain functioning.
 - 6) Assists with our attempts for weight control or weight loss.
 - 7) Helps to build muscle around joints.
- * Ask your Doctor what level of exercise is best for you and your health situation. Then check out the Exercise Opportunities that Select Senior Living offers and/or explore other ways you can exercise such as walking with one of your neighbors.

(*information provided by The Right Health Community-Kosmix)

WEEKLY EVENTS & TRANSPORTATION

Don't forget to sign up for outings early to ensure your spot on the trip! We need at least 1 week's notice to add you to the trip.

- Wednesdat Nov. 3Walmart 1:15 pm
- Friday Nov. 5Rainbow Foods 9:00 am
- Wednesdat Nov. 10Michael's Crafts 1:15 pm
- Friday Nov. 12Dollar Tree 9:00 am
- Wednesdat Nov. 17Herberger's 1:15 pm
- Friday Nov. 19Target 9:00 am
- Tuesday Nov. 23Anoka County Library 10:00 am

*Please sign up ahead of time at the table outside of the dining room.

