Benefits of Being Thankful

- **Improve Mental Health**: Gratitude has been linked to lower levels of stress and anxiety.
- **Strengthen Relationships**: Expressing gratitude can deepen bonds and foster a sense of connection.
- **Increase Resilience**: Being thankful can help you bounce back from challenges and setbacks
- .
- **Enhance Physical Health**: Grateful individuals tend to engage in healthier behaviors and have stronger immune systems.
- **Boost Happiness**: Gratitude has been shown to increase feelings of joy and contentment.
- **Attract Success**: A positive attitude of gratitude can attract more opportunities and abundance into your life.

Embrace the power of gratitude and experience these amazing benefits in your life today!

November Birthdays

Wayne – November 1
Martha- November 9
Bobbie- November 17
Barbara- November 18
Patty- November 25
Joyce- November 30

Marie Antoinette (queen) – Nov. 2, 1755
Art Carney (actor) – Nov. 4, 1918
John Philip Sousa (conductor) – Nov. 6, 1854
Carl Sagan (astronomer) – Nov. 9, 1934
Jonathan Winters (actor) – Nov. 11, 1925
Petula Clark (singer) – Nov. 15, 1932
Mickey Mouse (cartoon) – Nov. 18, 1928
Boris Karloff (actor) – Nov. 23, 1887
Tina Turner (singer) – Nov. 26, 1939
Jimi Hendrix (musician) – Nov. 27, 1942
Mandy Patinkin (actor) – Nov. 30, 1952



1 Free Bingo Space

To be played during Bingo either Tuesday or Friday. Tell Renee 1 thing you are thankful for and present this coupon at the same time. Only good in November and Limit ONE coupon per player.

1 Free Bingo Space

To be played during Bingo on Tuesdays or Fridays. Only valid during month of November.
Limit ONE coupon per player per day.

1 Free Bingo Space

For coming to the Activity Planning Meeting on November 10 at 1pm (Right before Bingo)
Limit ONE coupon per player.

1 Free Bingo Space

On Friday, November 13 (World Kindness Day) do something nice for another resident. Tell Renee what you did and present this coupon on November 13.
Limit ONE coupon per player.

November 2026

Select Senior Living

11350 Martin St NW, Coon Rapids, MN 55433



Celebrating November

Staff Directory
763-767-1127

Vanessa Nguyen
Executive Director

Lana Lewer
Director of Nursing

Ashley Roy
Director of Marketing

Renee Voyce
Life Enrichment Director

Eric Gebel
Director of Maintenance

Jameel Robertson
Director of Culinary



From Kitty Hawk to the Stars

November is the perfect time to celebrate aviation. National STEM/STEAM Day on November 8 highlights the science and engineering behind flight; Veterans Day on November 11 honors those who have served in the U.S. armed forces; and National Aviation History Month recognizes the remarkable advances that have transformed the way we live.

The story begins on December 17, 1903, near Kitty Hawk, North Carolina. On that windy day, Orville and Wilbur Wright achieved the first sustained, controlled, powered flight of a heavier-than-air aircraft. Orville's first flight lasted just 12 seconds and covered only 120 feet, but it proved that powered flight was possible. Before long, the brothers were making longer, more controlled flights, laying the foundation for modern aviation.

Their achievement was much more than a mechanical breakthrough. It combined science, engineering, mathematics, and careful experimentation—exactly the skills celebrated during National STEM/STEAM Day. The Wright brothers tested hundreds of wing designs in a homemade wind tunnel and solved problems that had frustrated inventors for decades. Their success showed how persistence and innovation can turn an ambitious idea into reality.

Aviation advanced rapidly during the 20th century. Airplanes became increasingly important during World Wars I and II, serving in reconnaissance, transportation, rescue missions, and combat. Veterans Day is an opportunity to recognize the pilots, crews, mechanics, and support personnel whose service helped shape aviation history.

After the wars, commercial aviation expanded dramatically. Air travel connected distant places, boosted trade, delivered emergency supplies, and made international travel routine. The spirit of flight also paved the way for space exploration. Today's astronauts and aerospace engineers continue building on more than a century of aviation advances. National Aviation History Month reminds us that one 12-second flight at Kitty Hawk changed transportation, military history, and exploration forever.

A Note from our Director of Nursing



Life Enrichment Updates



"November is the month that reminds us to be thankful. For the big things, for the small things and for making a spring that will come in due time so much sweeter." – Unknown

This month we will be talking about Aviation and three places important to the beginnings of aviation history. Make sure to come down to the Movie Room to learn all about these places and aviation in general.

Remember, if the activity is in Blue on the calendar, then it needs to be signed up for. The sign-up book is on the wall next to the Life Enrichment office.

This year we will again be hunting down Tom Turkey. If you find his picture around the building take note of where you found it and let Renee know. You will receive a golden ticket for finding Tom.

Craft-
November 18 @3:30 – Two in One Door Tags

Entertainers and Happy Hour
Friday, November 13- Tom Hipps
Thursday, November 19 – Ross McLeod

Outings-
Tuesday, November 10 at 9:45 – Walmart
Monday, November 16 at 9:45 – Dollar Tree
Thursday, November 19 at 11:00 Pappy's Cafe