

THE Greenhaven Estates Lifestyle



GREENHAVEN
ESTATES
SENIOR LIVING AT EASE

Like Us!  

ASSISTED LIVING COMMUNITY
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Self-Care Corner: Swap 'Sorry' for 'Thank You'

Sincere apologies are important for good relationships and communication. But saying "I'm sorry" too often, especially when there's really nothing to apologize for, can do more harm than good. Chronic over-apologizers may begin to feel guilty all the time and appear less confident to others. Furthermore, unnecessary apologies usually don't make either party feel better. Psychologists recommend saying "thank you" instead—for example, rather than "Sorry I'm late!" or "Sorry for talking your ear off," say "Thank you for waiting" or "Thanks for being such a good listener." These expressions of gratitude create positive feelings during an interaction while giving more meaning to honest apologies.

NOVEMBER 2023



Our Lovely Ladies at Last Month's Trip to Dave's Pumpkin Patch!

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Popular Pages: 'Dune'

One of the best sci-fi works of all time, "Dune" by Frank Herbert was published in 1965. The lengthy novel is set on the desert planet Arrakis, which is home to a highly coveted resource that extends life, enhances mental abilities and allows for space navigation. Unfortunately, many factions want to take control of Arrakis and its valuable lands. In 1966, the novel tied for the Hugo Award and won the Nebula Award for Best Novel, two prestigious science fiction literary prizes. Among the many film and television adaptations are 2021's "Dune" and the upcoming "Dune: Part Two" (2024), starring Timothée Chalamet and Zendaya.

Think Deep Thoughts

From Aristotle and Lao Tzu to Bertrand Russell and Simone de Beauvoir, pay tribute to history's deep thinkers on World Philosophy Day, the third Thursday of November.

"Savor the day and be good to yourself, love yourself, and then you can be good to others and be of service to others."
—Charlotte Rae

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30 Exercise ⇄⇄ 10:30 Morning Walk ⇄⇄ 12:30 Coffee Bar Wednesdays! ☕ 1:00 Resident Council Meeting 2:00 Cooking ⇄⇄ 3:00 Happy Hour ☕	2 9:30 Exercise ⇄⇄ 10:30 Church 10:30 Morning Walk ⇄⇄ 12:30 Trip to Plant Nursery 2:00 Meditation with Shaku 3:00 Themed Happy Hour	3 9:30 Exercise ⇄⇄ 10:30 Morning Walk ⇄⇄ 1:00 Bingo 3:00 Bridge 🎴 3:00 Happy Hour ☕ 5:30 Movie Night 🎬	4 9:30 Exercise ⇄⇄ 10:30 Morning Walk ⇄⇄ 10:30 Workbooks (Crosswords, Word Search, Etc.) 3:00 Nails
5 11:00 Workbooks (Crosswords, Word Search, Etc.) 1:00 Matinee- Residents' Choice 🎬 4:00 Games 🎲	6 10:00 Shopping 🛒 12:30 Games 🎲 1:30 Fit for Life Class 3:00 Happy Hour ☕ 3:30 Trivia ★	7 9:30 Exercise ⇄⇄ 10:30 Morning Walk ⇄⇄ 1:00 Bingo 2:00 Book Club Meeting ♥ 3:00 Karaoke Happy Hour ☕ 5:00 Movie Night 🎬	8 9:30 Exercise ⇄⇄ 10:30 Morning Walk ⇄⇄ 12:30 Coffee Bar Wednesdays! ☕ 1:00 Chef's Chat 2:00 Cooking ⇄⇄ 3:00 Happy Hour ☕	9 9:30 Exercise ⇄⇄ 10:30 Church 10:30 Morning Walk ⇄⇄ 12:30 Scenic Drive 2:00 Meditation with Shaku 3:00 Themed Happy Hour	10 Veterans Day (Observed) 9:30 Exercise ⇄⇄ 10:30 Morning Walk ⇄⇄ 1:00 Trip to Museum of Science & Curiosity 3:00 Bridge 🎴 3:00 Happy Hour ☕ 5:30 Movie Night 🎬	11 Veterans Day 9:30 Exercise ⇄⇄ 10:30 Morning Walk ⇄⇄ 10:30 Workbooks (Crosswords, Word Search, Etc.) 3:00 Nails
12 11:00 Workbooks (Crosswords, Word Search, Etc.) 1:00 Matinee- Residents' Choice 🎬 4:00 Games 🎲	13 10:00 Shopping 🛒 12:30 Games 🎲 1:30 Fit for Life Class 3:00 Happy Hour ☕ 3:30 Trivia ★	14 9:30 Exercise ⇄⇄ 10:30 Morning Walk ⇄⇄ 1:00 Bingo 3:00 Karaoke Happy Hour ☕ 5:00 Movie Night 🎬	15 9:30 Exercise ⇄⇄ 10:30 Morning Walk ⇄⇄ 12:30 Coffee Bar Wednesdays! ☕ 1:00 Town Hall Meeting 2:00 Cooking ⇄⇄ 3:00 Happy Hour ☕	16 9:30 Exercise ⇄⇄ 10:30 Church 10:30 Morning Walk ⇄⇄ 11:00 Restaurant Club 12:30 Arts & Crafts 🎨 2:00 Meditation with Shaku 3:00 Themed Happy Hour	17 9:30 Exercise ⇄⇄ 10:30 Morning Walk ⇄⇄ 1:00 Bingo 3:00 Bridge 🎴 3:00 Happy Hour ☕ 5:30 Movie Night 🎬	18 9:30 Exercise ⇄⇄ 10:30 Morning Walk ⇄⇄ 10:30 Workbooks (Crosswords, Word Search, Etc.) 3:00 Nails
19 11:00 Workbooks (Crosswords, Word Search, Etc.) 1:00 Matinee- Residents' Choice 🎬 4:00 Games 🎲	20 10:00 Shopping 🛒 12:30 Games 🎲 1:30 Fit for Life Class 3:00 Happy Hour ☕ 3:30 Trivia ★	21 9:30 Exercise ⇄⇄ 10:30 Morning Walk ⇄⇄ 1:00 Bingo 2:00 Book Club Meeting ♥ 3:00 Karaoke Happy Hour ☕ 5:00 Movie Night 🎬	22 9:30 Exercise ⇄⇄ 10:30 Morning Walk ⇄⇄ 12:30 Coffee Bar Wednesdays! ☕ 12:30 Scenic Drive 2:00 Cooking ⇄⇄ 3:00 Happy Hour ☕	23 Thanksgiving 9:30 Exercise ⇄⇄ 10:30 Church 10:30 Morning Walk ⇄⇄ 12:30 Arts & Crafts 🎨 2:00 Meditation with Shaku 3:00 Themed Happy Hour	24 9:30 Exercise ⇄⇄ 10:30 Morning Walk ⇄⇄ 1:00 Bingo 3:00 Bridge 🎴 3:00 Happy Hour ☕ 5:30 Movie Night 🎬	25 9:30 Exercise ⇄⇄ 10:30 Morning Walk ⇄⇄ 10:30 Workbooks (Crosswords, Word Search, Etc.) 3:00 Nails
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Cooking is held every Wednesday at 2pm! Together we make something delicious to serve for happy hour! This day we made garlic bread pizzas!



Laugh Lines: A Funny Fall

Q: What is the cutest season?

A: Aww-tumn!

Q: What did one maple leaf say to the other?

A: "I'm falling for you."

Q: How do farmers stay warm in the fall?

A: They wear a har-vest.

Q: Why do leaves fall off the trees?

A: They're trying to get back to their roots.

Q: What do you get when you cross a locomotive with an apple pie?

A: Puff pastry.

Pumpkin Spice and Everything Nice

What do you add to a latte to make it more delicious? Spice, spice, baby!

A well-balanced diet is a pumpkin spice latte in each hand.

You know it's fall when the mechanic starts selling pumpkin spice windshield washer fluid. I drank too many pumpkin spice lattes. Now I have autumn-y ache.

At this point, my blood type is pumpkin spice.

There will come a day when I tire of pumpkin-spiced everything, but today is not that day.

Long Live the Olive Tree

The olive tree has been a symbol of peace for thousands of years, and its branches have appeared in art, on flags and even on currency. Since 2019, UNESCO has recognized World Olive Tree Day on Nov. 26, emphasizing the plant's importance to the economy, environment and harmony between nations.

