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Time to Give Thanks!

HENDERSON MONTHLY NEWSLETTER
NOVEMBER 2009

The Adult Day Care Center of Henderson will celebrate November in the spirit of fun, caring, smiles and laughter. Thanksgiving is the time we give thanks for all our blessings. We believe here at our Center, "Everyday is a holiday and every meal is a Feast!" Our Henderson Center responds to the important mission of supporting senior citizens in their efforts to remain independent, with dignity in the community. The atmosphere of our Center will be Festive as we continuously offer the fun activities that all of our participants love including: A daily exercise program, Tai Chi, Organic Gardening, Bingo Competitions, Freedom Dance, Arts & Crafts, and live entertainment in the afternoons. Please join us in giving thanks as we celebrate the month of NOVEMBER.

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HIGHLIGHTS FROM OCTOBER

October began with beautiful autumn leaves. Each day we were inspired by the awesome mountain views, crisp air, and the seasonal colors. The month was filled with wonderful entertainment, Music Therapy classes, and outdoor activities such as early morning strolls, Bocce Ball, and our weekly Parachute Game. These outdoor games have been a big hit with our seniors. Our Arts and Crafts classes are still busy with excitement making crafts for the fall. Our Halloween Party was simply fabulous. A BIG THANK YOU to Mark Miller for the wonderful music he supplied. Everyone truly enjoyed themselves.

NEW ARRIVALS

We are pleased to welcome the new participants who became a part our Center family in October: Jo Ellen Powers, Doug Jackson, and Robyn Becker.

CLOSURES

The Adult Day Care Center of Henderson will be closed on the following dates: Thursday, Nov. 26th and Friday, Nov, 27th.

GET PLUGGED IN!

There's a computer *lab* here at our Center. It is located in the Quiet Room by the arts & crafts department and the software suits all needs with its vast technology.





EVENTS IN NOVEMBER

We would like everyone to join us for Tai Chi on Tuesdays and Thursdays at 10:00am. We are introducing Freedom Dance on Fridays at 10:00am and move & Groove to Zumbia @ 1:00pm every Friday, Caregivers is invited. We have started our Henderson "Price Is Right" game on a weekly basis. It has been a lot of fun. We would like for everyone to join us. Please don't forget to submit your recipes. See attached flyer for details. We are having a special Thanksgiving Holiday Lunch on November 20th at 11:30. If these aren't your regularly scheduled days, we'd still love to see you here.

GETTING SCENT-IMENTAL

The aromatherapy scent, Cinnamon, which helps to invigorate brain cells and inspire creativity, will be the aromatic of choice as we continue our aromatherapy series.

SEE WHAT'S IN BLOOM!

Our Spice garden continues to grow and give us continual edible delights in our meals every day here at our Center.

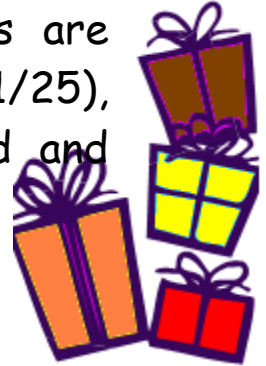
DID YOU KNOW ?!?

The original cornucopia was actually a curved goat's horn filled to the brim with fruits and grains, named "Horn of Plenty".



HAPPY BIRTHDAY

Our birthday party will be held on the 4th Wednesday of the month, November 25, 2009. Our November celebrants are Thomas Mills (11/16), Celestino "Mike" Martinez (1/25), Frances Kisan (11/30). Entertainment will be provided and birthday treats will be served as well.



SUPPORT GROUP

We have started an evening support group on the 1st Wednesday of every month, Please see attached flyer for more details on caregiver support programs and community forum. Everyone is invited to attend!



THANK YOU!

We offer our heartfelt thanks on behalf of The Adult Day Care Center of Henderson for your continued support. Remember, our doors are always open to you and your family members' needs and our staff is always available to give their undivided attention to any and all matters that may arise while your family member is here at our Center. Thank you for choosing us!

Dee Dee Woodberry

Activities Director

