



Lorien Bel Air  
November 2024



# Ballet Mobile



The  
elegance  
of dance  
and  
culture  
brought  
to you by  
Ballet  
Mobile on  
Thursday,  
November  
7th at  
2:30pm.



# THE HISTORY OF VETERANS DAY



1918

An armistice was signed between the Allies and Germany on the 11th Hour of the 11th Day of the 11th Month

President Woodrow Wilson proclaimed the first Armistice Day on the 1st anniversary of the war's end.



1919



1938

Armistice Day became a legal U.S. holiday to honor the end of WWI.

The day was renamed "Veterans Day" and expanded to honor all veterans from all wars.



1954

The Uniform Monday Holiday Act moved Veterans Day to the fourth Monday of October.



1968-1971

President Gerald Ford, signed a law returning Veterans Day to November 11, where it has remained ever since 1978.



1975-Present

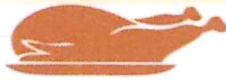




# History of Thanksgiving

a timeline

— 1621



## The First Thanksgiving

Pilgrims and Native Americans celebrated a harvest feast (known as the first "Thanksgiving") in Plymouth, Massachusetts.

— 1630

## New England Thanksgiving

Settlers observed the first Thanksgiving of the Massachusetts Bay Colony in New England on July 8, 1630.

— 1789

## Give Thanks

President George Washington declared November 26, 1789, as a national day of "thanksgiving and prayer."

— 1777

## Chilly T-Day



While in route to Valley Forge, George Washington and his army stopped in freezing weather to observe the first Thanksgiving of the new United States of America.

— 1863

## Federal Holiday

President Abraham Lincoln declared Thanksgiving an official federal holiday.

— 1876

## College Football

The first intercollegiate football championship was held on Thanksgiving Day.



— 1924

## First Parade

Macy's held its first Thanksgiving Day parade.



— 1934

## National Football

The first National Football League game held on Thanksgiving Day was between the Detroit Lions who faced the Chicago Bears at the University of Detroit Stadium.

— 1947

## Presidential Pardon

President Harry Truman "pardoned" a turkey the day before it was scheduled to be served up as the main course at the White House Thanksgiving dinner. Modern presidents today have carried on the tradition.



— 1941

## Set a Date

President Roosevelt established the fourth Thursday in November as Thanksgiving Day.





# DIABETES AWARENESS MONTH

## SYMPTOMS



### DIZZINESS

A feeling of lightheadedness



### FATIGUE

A feeling extreme tiredness



### WEIGHT LOSS

A loss of your body weight abnormally

## TREATMENT

### TAKE MEDICINE

As per doctor's advice



### EAT HEALTHY

Include fresh fruits, green vegetables, low fat, protein, fibre and whole grains



### MONITOR

As per doctor's advice



## PREVENTION



### EXERCISE

Do the physical activity regularly



### AVOID

Smoking, alcohol, sugar and trans fat



### SEE A DOCTOR

Regularly check your blood sugar levels



### KEEP WEIGHT

Keep your body weight under control to prevent diabetes

# NOVEMBER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

**2024**



# November 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Location Key:</b></p> <p>(ICP) = Ice Cream Parlor</p> <p>(CY) = Courtyard</p> <p>(L) = Library</p> <p>(DR) = Dining Room</p> <p>(CS) = Coffee Shop</p> <p>(MPR) = Multipurpose Room</p> <p>(BLR) = Balloon Room</p> <p>(BFR) = Butterfly Room</p> <p>(BR) = Bird Room</p> <p>(BWH) = Broadway Hall</p>					<p><b>1.</b></p> <p>9:30 Radio Social (BFR &amp; BR)</p> <p>10:00 Bingo (BFR)</p> <p>10:00 Pets on Wheels with Chili</p> <p>10:30 Bingo (BR)</p> <p>1:30 Fit in Time (MPR)</p> <p>2:00 Happy Hour with Lynn (MPR)</p> <p>4:30 Warm Cookies (CS)</p> <p>6:30 Card Club (BLR)</p>	<p><b>2. Art Museum Day</b></p> <p>10:00 Art Museum's Most Popular Paintings (BFR &amp; BR)</p> <p>10:30 Art Word Game</p> <p>1:30 Matinee Movie (MPR)</p> <p>4:00 Young at Heart Club (BR)</p> <p>4:30 Coffee Social (L)</p> <p>6:30 Bingo (MPR)</p>

# November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>3. Daylight Savings Ends</b> 10:00 Daylight Ends Word Game (BLR &amp; BR) <b>1:00 Ravens VS Broncos (CBS)</b> 1:30 Mt. Christian Church Service (BFR) 2:15 Why We Change Time</p>	<p><b>4. Council Day</b> 9:30 Pets on Wheels with Willow 10:00 Balloon Toss (BLR &amp; BR) 10:30 AL Council (BLR) 11:00 LTC Council (BR) 1:00 Hallway Music Therapy with Chris (3rd Floor) 1:30 Balance Class (MPR) 2:15 Bingo (MPR &amp; BR) 5:30 Spintopia (MPR)</p>	<p><b>5. Donut Day Beauty Shop</b> <b>9:30-11:00 The Store Is Open</b> 10:00 Rehab Activity Cart (BWH) 11:00 Artistic Expression (BR) 1:00 Ice Cream Social (ICP) 2:00 Planet Earth (ICP) 4:30 Blues &amp; Booze (L) 5:30 LTC Ladies Night with Donuts and Coffee (BR) 6:00 Pets on Wheels with Willow Bee 6:30 Men's Club (BLR)</p>	<p><b>6. Stress Awareness Day</b> 9:30 Fall Scenic Ride <i>advance sign up at ext. 1414</i> 10:00 Stress Awareness Information (BLR &amp; BR) 10:30 Bowling (BLR &amp; BR) 11:00 Artistic Expression (BR) 1:15 Zumba (Cafe) 2:00 Bingo (BFR &amp; BR) 4:30 Wine Down Wednesday (L) 6:30 Sing Along (BLR)</p>	<p><b>7. Ballet Day</b> <b>9:30-11:00 The Store Is Open</b> 10:00 Gilchrist Veterans Program (MPR) 11:00 Artistic Expression (BR) 2:30 Ballet Mobile (MPR) 4:30 Word Game (L) 5:00 Nail Fun <i>call ext. 1414 to get on the list</i> 6:30 Art Class (BLR) <b>8:15 Ravens VS Bengals (Prime)</b></p>	<p><b>8. Silver Reader Van Beauty Shop</b> 9:30 Radio Social (BFR &amp; BR) 10:00 Bingo (BFR) 10:00 Pets on Wheels with Chili 10:30 Bingo (BR) 12:30 Silver Reader Van <i>initial sign up required call ext. 1414</i> 1:30 Fit in Time (MPR) 2:00 Happy Hour with Bobby (MPR) 4:30 Warm Cookies (CS) 6:30 Card Club (BLR)</p>	<p><b>9.</b> 10:00 Crossword Puzzle (BLR &amp; BR) 1:30 Matinee Movie (MPR) 4:00 Young at Heart Club (BR) 4:30 Birthday Social ~ Happy 106 to one special lady (CS) 6:30 Bingo (MPR)</p>



# November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>10. Tongue Twisters</b>            10:00 Tongue Twister Word Game            (BLR &amp; BR)            1:30 New Covenant Church Service            (BFR)            2:15 Tongue Twister Game            (BFR)</p>	<p><b>11. Veterans Day</b>            9:30 Pets on Wheels with Willow            10:00 Balloon Toss (BLR &amp; BR)            10:30 Price is Right            (BLR &amp; BR)            11:00 Artistic Expression (BR)            11:30 Veterans Day Lunch            1:00 Hallway Music Therapy with Chris            (3rd Floor)            1:30 Balance Class (MPR)            2:15 Bingo            (MPR &amp; BR)</p>	<p><b>12. Beauty Shop</b>  <b>9:30-11:00</b>  <b>The Store Is Open</b>            10:00 Rehab Activity Cart            (BWH)            11:00 Artistic Expression (BR)            1:00 Ice Cream Social (ICP)            2:00 Planet Earth (ICP)            4:30 Jazz &amp; Juice (L)            6:00 Pets on Wheels with Willow Bee            6:30 Men's Club (BLR)</p>	<p><b>13. Kindness Day</b>            9:30 Dollar Tree <i>advance sign up at ext. 1414</i>            10:00 Acts of Kindness            (BLR &amp; BR)            10:30 Axe Throwing            (BLR &amp; BR)            11:00 Artistic Expression (BR)            1:15 Zumba            (Cafe)            1:30 Pets on Wheels with Zola            2:00 Bingo            (BFR &amp; BR)            4:30 Wine Down            Wednesday (L)            6:30 Spintopia (MPR)</p>	<p><b>14. World Records</b>  <b>9:30-11:00</b>  <b>The Store Is Open</b>            10:00 Legion of Mary Rosary &amp; Communion            Service (BLR)            11:00 Artistic Expression (BR)            1:30 Sax Time with Danny            (Cafe)            3:00 Relaxation &amp; Aroma            Therapy (BR)            4:30 Word Game (L)            5:00 Nail Fun            call ext. 1414 to get on the list  <b>6:30 World Records</b> (BLR)</p>	<p><b>15. Beauty Shop</b>            9:30 Radio Social (BFR &amp; BR)            10:00 Bingo            (BFR)            10:00 Pets on Wheels with Chili            10:30 Bingo            (BR)            1:30 Fit in Time (MPR)            2:00 Happy Hour with Lynn (MPR)            3:15 Book Signing                4:30 Warm Cookies (CS)            6:30 Card Club (BLR)</p>	<p><b>16. Fast Food Day</b>            10:00 Facts About Fast Food &amp; Word Game            (BLR &amp; BR)            1:30 Matinee            Movie with Fries (MPR)            4:00 Young at Heart Club (BR)            4:30 Coffee Social (L)            6:30 Bingo            (MPR)</p>



# November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>17. Farmer Joke Day</b> 10:00 Farmer Word Game (BLR &amp; BR)</p> <p><b>1:00 Ravens VS Steelers (CBS)</b> 1:30 Emmorton Baptist Church Service (BFR)</p> <p>2:15 Farmer Jokes (BFR)</p>	<p><b>18.</b> 9:30 Pets on Wheels with Willow</p> <p>10:00 Balloon Toss (BLR &amp; BR)</p> <p>10:30 Jeopardy (BLR &amp; BR)</p> <p>11:00 Artistic Expression (BR)</p> <p>1:00 Hallway Music Therapy with Chris (3rd Floor)</p> <p>1:30 Balance Class (MPR)</p> <p>2:15 Bingo (MPR &amp; BR)</p>	<p><b>19. Soda Day Beauty Shop</b> 9:30-11:00 <b>The Store Is Open</b></p> <p>10:00 Rehab Activity Cart (BWH)</p> <p>11:00 Artistic Expression (BR)</p> <p>1:30 Ice Cream Soda Floats Social with J&amp;J Duo (MPR)</p> <p>4:30 Country &amp; Whiskey (L)</p> <p>5:30 LTC Ladies Night (BR)</p> <p>6:00 Pets on Wheels with Willow Bee</p> <p>6:30 Craft with the Girl Scouts (BLR)</p>	<p><b>20. Peanut Butter Fudge Day</b> 9:30 Fall Scenic Ride <i>advance sign up at ext. 1414</i></p> <p>10:00 Trivia Madness (BLR &amp; BR)</p> <p>10:30 Horse Shoes (BLR &amp; BR)</p> <p>10:30 Pets on Wheels with Max</p> <p>11:00 Artistic Expression (BR)</p> <p>1:15 Zumba (Cafe)</p> <p>2:00 Bingo (BFR &amp; BR)</p> <p>4:30 Wine Down Wednesday (L)</p> <p>6:30 Making Peanut Butter Fudge (BLR)</p>	<p><b>21. Pumpkin Pie Day</b> 9:30-11:00 <b>The Store Is Open</b></p> <p>10:00 Rummikub or Cards (BFR &amp; BR)</p> <p>11:00 Artistic Expression (BR)</p> <p>1:30 Rockin with Vince (Café)</p> <p>3:00 Relaxation &amp; Aroma Therapy (BR)</p> <p>4:30 Pumpkin Pie Social (cs)</p> <p>5:00 Nail Fun</p> <p><i>call ext. 1414 to get on the list</i></p> <p>6:30 Spintopia (MPR)</p>	<p><b>22. Beauty Shop</b> 9:30 Radio Social (BFR &amp; BR)</p> <p>10:00 Bingo (BFR)</p> <p>10:00 Pets on Wheels with Chili</p> <p>10:30 Bingo (BR)</p> <p>1:30 Fit in Time (MPR)</p> <p>2:00 Happy Hour with Greg (MPR)</p> <p>4:30 Warm Cookies (CS)</p> <p>6:30 Card Club (BLR)</p>	<p><b>23. Espresso Day</b> 10:00 Coffee Cup Craft (BLR &amp; BR)</p> <p>1:30 Matinee Movie (MPR)</p> <p>4:00 Young at Heart Club (BR)</p> <p>4:30 Coffee Social (L)</p> <p>6:30 Bingo (MPR)</p>



# November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>24.</b> 10:00 Word Game (BLR & BR) 1:30 St. Francis Catholic Church Service (BFR) 2:15 Internet Surfing (BFR)	<b>25. Grinch Day</b> 9:30 Pets on Wheels with Willow 10:00 Grinch Snacks 10:30 Grinch Craft (BLR & BR) 11:00 Grinch Expression (BR) 1:00 Hallway Music Therapy with Chris (3rd Floor) 1:30 Balance Class (MPR) 2:15 Grinch Bingo (MPR & BR) <b>8:15 Ravens VS Chargers (ESPN)</b>	<b>26. Cake Day Beauty Shop</b> <b>9:30-11:00 The Store Is Open</b> 10:00 Rehab Activity Cart (BWH) 11:00 Artistic Expression (BR) 1:00 Ice Cream & Cake Social (ICP) 2:00 Planet Earth (ICP) 4:30 Rock & Rum (L) 6:00 Pets on Wheels with Willow Bee 6:30 Men's Club (BLR)	<b>27. Family Care Giver Day</b> 9:00 Pets on Wheels with Kuma 9:30 Walmart <i>advance sign up at ext. 1414</i> 10:00 Card Making for Family Care Giver (BLR & BR) 10:30 Darts (BLR & BR) 11:00 Artistic Expression (BR) 1:15 Zumba (Cafe) 2:00 Bingo (BFR & BR) 4:30 Wine Down Wednesday (L) 6:30 Family Photos <i>call ext. 1414 to set up your appointment time</i>	<b>28. Thanksgiving</b> 9-11 Macy's Day Parade with Coffee and Honey Buns (MPR) 11-11 Thanksgiving Lunch 1:30 Stuffed Bingo ~ <b>even is your belly is too full, come and play a game</b>	<b>29. Black Friday 9:00-10:00 The Store Is Open</b> 10:00 Bingo (BFR) 10:30 Bingo (BR) 1:30 Fit in Time (MPR) 2:00 Happy Hour with Bobby (MPR) 4:30 Warm Cookies (CS) 6:30 Card Club (BLR)	<b>30. Cook Book Day</b> 10:00 Making A Lorien Cook Book (BLR & BR) 1:30 Matinee Movie (MPR) 4:00 Young at Heart Club (BR) 4:30 Coffee Social (L) 6:30 Bingo (MPR)