



Health Tip of the Month

Your Guide to Eating Out

We eat out because it's quick, easy, and fun. Eating out can be healthy if the right options are chosen. Many restaurants have menu items that are "heart healthy." Ask for calorie and fat information on menu items.

Pick a restaurant with a variety of choices to increase the chances of finding foods that you want. Here's how to order:

- **If you don't know what's in a dish, ask.
- **Try to eat the same portion that you would at home. Serving sizes at restaurants are usually larger.
- **Share a dish with someone.
- **Eat slowly.
- **Ask for fish or meat broiled with no extra butter.
- **Order your baked potato plain and top it yourself.
- **Ask for no salt added to your food.
- **As for sauces, gravy, or salad dressing on the side.
- **Order foods that are not breaded or fried. This adds extra fat.
- **Ask about substitutions. Order vegetables instead of French fries.
- **Limit alcohol. This adds more calories to your meal.

You can make eating out healthy. Make the right choices, ask if you don't know, and balance your meals out with healthy meals at home.

Letter from the ED

Dear Residents and Friends,

I hope you are all enjoying the autumn season that has been filled with beautiful sunsets, warm weather and vibrant fall colors!

November is the month when we take the time to remember those who have served our country and sacrificed so much in order to keep us safe and free. The eleventh hour of the eleventh day of the eleventh month is the time set aside by many countries to commemorate and honor Veterans. In the United States, it is a federal holiday celebrated with parades and other activities. Once known as Armistice Day, it was officially proclaimed Veterans Day in 1954 by President Dwight Eisenhower.

How or when we celebrate is not as important as the fact that we do take the time to remember and reflect. So on November 11th please take two minutes of silence to think about those who served our country so well and sacrificed so much.

Linda Colpron

Executive Director





November 2011



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p><i>*All activities will be held in the Main Dining Room/Activity Room, unless otherwise specified on the calendar.</i> <i>S- Sitting Room by Beauty Shop</i> <i>MD- Main Dining Room</i> <i>A- Activities Room</i></p>		<p>1 9:00 Book Club 11:15 Exercise 1:30 Manicures 3:00 Happy Hour</p>	<p>2 9:00 Cards & Games 11:15 Exercise 1:30 BINGO 3:00 Happy Hour</p>	<p>3 9:00 Grins & Groans 11:15 Exercise 11:00 Lunch Outing 3:00 Happy Hour 7:00 Card Club</p>	<p>4 9:00 History of Pilgrims 10:30 Ceramics-MD 11:15 Exercise 2:30 Social Mixer & Karaoke-MD</p>	<p>5 10:00 BINGO 11:15 Exercise 2:00 Refreshment Cart 3:00 Movie-S</p>
<p>6 9:30 Gospel Music 11:15 Exercise 2:15 Calvary United Methodist Church-MD 3:00 Movie-A</p>	<p>7 9:00 Current Events 11:15 Exercise 3:00 Happy Hour 7:00 Euchre Club</p>	<p>8 9:00 Book Club 11:15 Exercise 1:30 Manicures 3:30 Happy Hour with Pianist Betty Arzett-MD</p>	<p>9 9:00 Cards & Games 11:15 Exercise 1:30 BINGO 3:00 Happy Hour</p>	<p>10 9:00 Trivia 11:15 Exercise 11:00 Lunch Outing 3:00 Happy Hour 4:00 School Kids-MD 7:00 Card Club</p>	<p>11 9:00 History of Indians 10:30 Ceramics-MD 11:15 Exercise 2:00 Veterans Social-S 2:30 Social Mixer & Music w/TommyWills-</p>	<p>12 10:00 BINGO 11:15 Exercise 2:00 Refreshment Cart 3:00 Movie-S</p>
<p>13 9:30 Gospel Music 10:00 Apostolic Bible Church Service 11:15 Exercise 3:00 Movie-A</p>	<p>14 9:00 Current Events 11:15 Exercise 3:00 Happy Hour 7:00 Euchre Club</p>	<p>15 9:00 Book Club 11:15 Exercise 1:30 Manicures 3:00 Happy Hour</p>	<p>16 9:00 Cards & Games 11:15 Exercise 1:30 BINGO 3:00 Happy Hour</p>	<p>17 9:00 Grins & Groans 11:15 Exercise 11:00 Lunch Outing 3:00 Happy Hour 7:00 Card Club</p>	<p>18 9:00 History of Thanksgiving 10:30 Ceramics-MD 11:15 Exercise 2:30 Social Mixer & Karaoke-MD</p>	<p>19 10:00 BINGO 11:15 Exercise 1:30 Red Hat's Society-MD 3:00 Movie-S</p>
<p>20 9:30 Gospel Music 11:15 Exercise 2:30 Lighthouse Christian Fellowship Church Service-MD</p>	<p>21 9:00 Current Events 10:00 Music w/ Steve Elston-MD 11:15 Exercise 3:00 Happy Hour/Resident Council</p>	<p>22 9:00 Book Club 11:15 Exercise 1:30 Manicures 3:30 Happy Hour with Pianist Betty Arzett-MD</p>	<p>23 9:00 Cards & Games 11:15 Exercise 11:00 Lunch Outing 1:30 BINGO 3:00 Happy Hour</p>	<p>24 9:00 Thanksgiving Trivia 11:15 Exercise 2:00 Refreshment Cart & Activity Packs 3:00 Movie-A</p>	<p>25 9:00 Pumpkins, Pumpkins, Pumpkins 11:15 Exercise 2:30 Social Mixer & Karaoke-MD</p>	<p>26 10:00 BINGO 11:15 Exercise 2:00 Refreshment Cart 3:00 Movie-S</p>
<p>27 9:30 Gospel Music 10:00 Bethesda Baptist Church-MD 11:15 Exercise 3:00 Movie-A</p>	<p>28 9:00 Current Events 11:00 Music w/Ron Potts-MD 11:15 Exercise 3:00 Happy Hour 7:00 Euchre Club</p>	<p>29 9:00 Book Club 11:15 Exercise 1:30 Manicures 3:00 Happy Hour/ Dietary Council</p>	<p>30 9:00 Cards & Games 11:15 Exercise 1:30 BINGO 3:00 Happy Hour</p>			

