Arbrook Plaza



Giving Thanks and Expressing Gratitude During the Thanksgiving Season

Thanksgiving is a time to gather with loved ones, share great food, and celebrate the joys of life. But it's also a moment to reflect on the deeper meaning of gratitude, beyond just one day.

This year, take a moment before the meal to share with your family what you're thankful for. Whether it's big or small, every blessing matters. Perhaps you're grateful for the warmth of family traditions that have been passed down, like your grandmother's cherished pie recipe. Maybe it's the quiet strength you've found to face life's challenges, or the comforting memories shared with loved ones who are no longer with us.

Give thanks for the simple joys—like a child's laughter, a warm hug, or the opportunity to sit around the table with those you hold dear. Be mindful of the importance of giving, whether it's time, love, or support.

Wishing you and your family a Happy Thanksgiving filled with gratitude, love, and togetherness!

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Before you reach for the remote on November 21, National Television Day, pause and think about other ways you could spend your screen time. While there's nothing wrong with settling in for a favorite show, try swapping some TV time for something different and giving yourself a chance to recharge before the holiday season.

🧩 **Start a Puzzle: Choose a jigsaw puzzle and work on it a little at a time. Invite others to join in and see how much you can complete before Thanksgiving.**

🎲 **Play a Game: Replace an hour of television with a favorite board or card game. Try a classic or learn something new together.**

🎨 **Get Creative: Write a short story, draw, make a craft, or create your own TV show. What would it be about? Who would star in it? What would you call it?**

🏃 **Get Moving: Take a walk, stretch, dance to some favorite music, or find another way to get moving.**

With Thanksgiving just around the corner, there will soon be plenty of opportunities to get comfy on the couch for football, parades, movies, holiday specials, and favorite shows. So use National Television Day as a reminder to step away for a while, recharge, and enjoy a few screen-free activities before settling in for your holiday favorites.

Alzheimer's Awareness Month:
What to Know About Memory Changes

Memory naturally changes as we grow older, but significant memory loss that interferes with daily life is not a normal part of aging. Alzheimer's disease affects areas of the brain that control thought, memory, and language, and can make everyday tasks challenging. If you, a family member, or loved one notice one or more of the following early signs of Alzheimer's disease, consider reaching out to your physician right away to understand what's causing them:

- Memory loss that disrupts daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks at home, at work, or at leisure
- Confusion with time or place
- New problems with words in speaking or writing
- Trouble understanding visual images and spatial relations
- Misplacing things and not being able to retrace steps
- Decreased or poor judgment
- Withdrawal from work or social activities

Source: cdc.gov



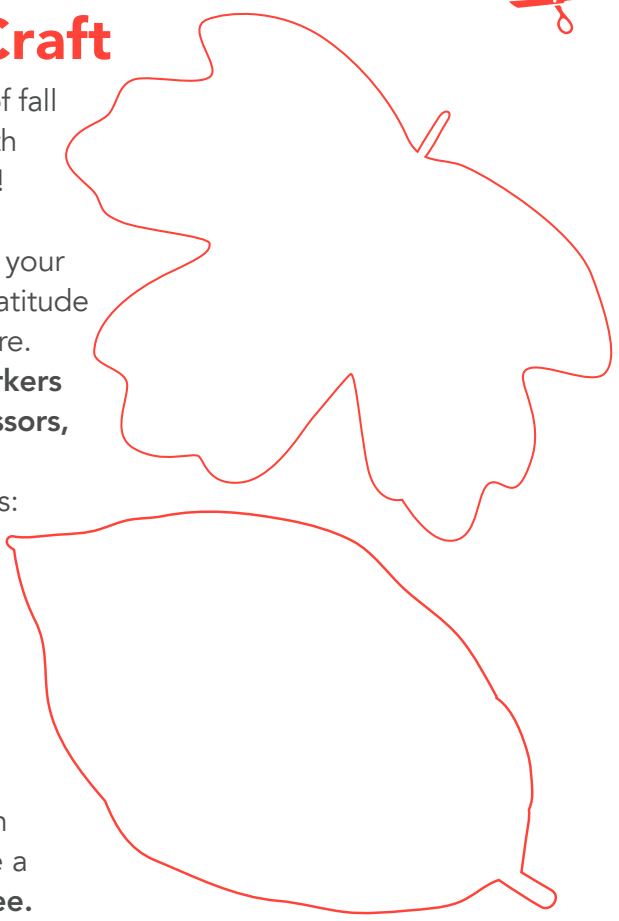
Gratitude Craft

Add a personal touch of fall décor to your space with a simple gratitude craft! Using the leaf shapes provided as a guide (or your own), create colorful gratitude leaves to display or share. **You'll need paper, markers or colored pencils, scissors, and glue.**

Write messages such as:

I'm Grateful for…
Blessed & Thankful
I'm Thankful for…
Be Thankful.
I Appreciate…

Decorate your leaves, then hang them as autumn décor or bunch them together to make a beautiful **Gratitude Tree.**





Celebrating Family, Food, & Flavors:

November's Delicious Traditions

November is a month for gathering with loved ones, sharing meals, and making memories, especially around the table. **This month is filled with fun food-related observances that are perfect for sparking conversation, trying something new, or celebrating your favorites.** The month kicks off on **November 2 with Deviled Egg Day**, a nod to the creamy, tangy favorite appetizer that often graces holiday spreads alongside mashed potatoes, sweet potatoes, and green bean casserole. **Sandwich Day on November 3** is another chance to get creative with simple favorites or reinvent a classic with your own twist. Mid-month, we can enjoy **Pickle Day on the 14th**, **Homemade Bread Day on the 17th**, and **Apple Cider Day on the 18th**, which are perfect excuses to share a snack, swap recipes, or try something new. As Thanksgiving approaches, **Stuffing Day on the 21st** and **Eat Cranberry Day on the 23rd** remind us of the classic flavors that make the holiday so special. **Of course, there are many more food observances in November, but our dinner table and this page are not big enough to fit them all!** These food celebrations are more than tasty. They are invitations to share stories and laughs. As you gather with loved ones, friends, and family this Thanksgiving, take a moment to reflect and ask each other: ***What is your favorite Thanksgiving dish? Ham, turkey, or both? Will you be bold and try something new this year, or stick with your favorites?*** Is there a certain something you look forward to each Thanksgiving or holiday season? ***What is your silliest Thanksgiving meal memory?*** **From deviled eggs to cranberry sauce and everything in between, November invites us to celebrate favorite foods, try something unexpected, and make every meal a memory with those we love.**

VETERANS DAY

Honoring Those Who Serve on November 11

Today we honor the courage, dedication, and sacrifice of the men and women who have served our country. Veterans Day is more than a date—it's a moment to reflect, remember, and show our gratitude.

Ways to honor veterans:

- **Wear pins, clothing, or accessories that show support**
- **Donate to organizations that assist veterans or active-duty service members**
- **Share a meal, coffee, or kind gesture with a service member**
- **Send a letter, text, or care package**
- **Visit a memorial or cemetery to pay respects**

This day is also a chance to connect with family and friends. Share stories of loved ones who served, reflect on the freedoms their service protects, or create a small tribute together. This Veterans Day, reach out, reflect, honor and take a moment to thank a veteran.



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Spread More Kindness



Kindness comes to life when we help, uplift, or support others without expecting anything in return. When you show kindness, the smallest gesture may brighten someone's day in an unexpected way.

Here are a few random acts of kindness that could make a difference on World Kindness Day, November 13:

- Smile when you see someone: go the extra mile with a friendly greeting or wave
- Write positive messages on post-it notes and leave them for people to find
- Provide help or offer assistance to another without being asked
- Hold the door open for someone
- Give a compliment, hug, or small unexpected gift
- Tell a nurse, loved one, teacher, mentor or friend how much you appreciate them

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Word Search

Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

L I A B H C O S U P P O R T C
U E B M H M N S K A I V R O N
C Y A D E S F M A O Q D I M B
X A M V K D X A U D K N U H C
Q W E N E H G R A T I T U D E
S R A J O S K G N D U Z N F M
C H L D I J L B F A M I L Y Y
T G E N U O C A B P Y O T R N
F W H A W S E T R H O N O R L
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E K A K I N D N E S S Z K N Y
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WORD LIST

AUTUMN
FAMILY
FOOD
GRATITUDE
HONOR
KINDNESS
LEAVES
MEAL
MEMORY
REMEMBER
SHARE
SUPPORT
THANKS
TURKEY
VETERAN