

## WHAT'S COMING UP

**November 1st**

All Saint's Day

**November 4th**

Book Lovers Day

**November 6th**

National Nacho Day

**November 7th**

U.S. General Election Day

**November 13th**

Caregiver Appreciation Day

**November 15th**

America Recycles Day

**November 22nd**

Go For a Ride Day

**November 23rd**

Thanksgiving

**November 28th**

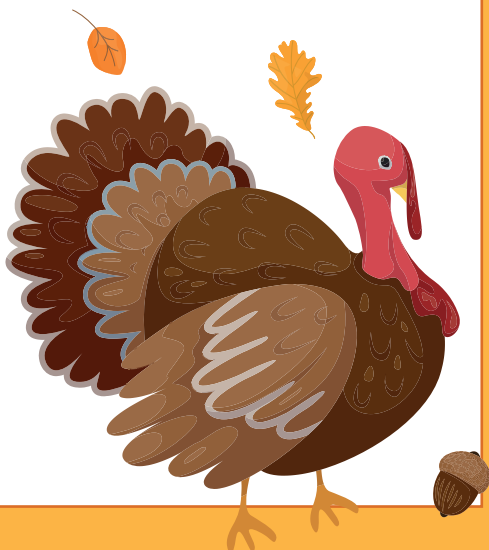
French Toast Day

**November 29th**

Chia Pet Day

**November 30th**

Stay At Home Because  
You Are Well Day



## NOVEMBER 2023 NEWSLETTER



*Riverwood*  
Senior Living

### ***November Greetings!***

Soon, the days will shorten, the leaves will change, and autumn themed activities will flavor our daily lives. It is the time of the year when the air gets crisper and we all look forward to spending more time with our friends and families. I love this time of the year and I continuously remind myself that the consistency of the earth's seasons is a reflection of its Maker and the steadiness of His character.

James 1:17 tells us, "Every good gift and perfect gift is from above, and comes down from the Father of lights, with whom there is no variation or shadow of turning. He is the bountiful giver of all good things and sheds on us the light of his love and purity."

In November we celebrate National Gratitude Month which encourages us to embrace the power of gratitude. Gratitude is more than simply saying "thank you." Gratitude has the ability to shift us from focusing on the negative to appreciating what is positive in our lives. Practicing daily gratitude gives us a deeper connection to ourselves, the world around us, and our Creator.

Everything in our lives has the ability to improve when we are grateful. Research has shown that gratitude can enhance our moods, decrease stress, and drastically improve our overall health and well-being. On average, grateful people tend to have fewer stress-related illnesses and experience less depression and lowered blood pressure, they are more physically fit and they are happier!

I am grateful to each and every one of you for being part of the Riverwood family! I hope you have a very blessed holiday with those you cherish most. Happy Thanksgiving to you and yours!

***Selina Bradley,***  
*Executive Director*



## Coosa Valley Fair

Residents enjoyed all of the fair amenities and we had a great time!



## Riverwood Fall Festival





**Riverwood Enjoys Performance by Summer Breeze!**



**Tranquility Rock Garden of Calhoun, GA**





## Rockmart Farmer Market

November 2nd from 2:00 pm to 3:30 pm

Residents will enjoy apple cider, pumpkin patch and shopping for their favorite vegetables.



## Rare Rome Scavenger Hunt

November 9th  
from 11:00 am to 1:00 pm



## Veteran's Day Pinning Ceremony

November 10th  
from 10:00 am to 11:00 am





**Family Thanksgiving Luncheon**  
November 16th  
from 12:00 pm to 2:00 pm

Residents will enjoy a delicious lunch, live entertainment & door prizes!



**Touring the Apple Barn  
in Ellijay, GA**  
November 28th  
from 10:30 am to 2:00 pm



**History Museum of Rome!**  
November 29th  
from 2:00 pm to 3:00pm

Thanksgiving Artifacts found in Rome.



**Holiday Shopping Spree to  
TJ Maxx & Ross!**  
November 30th  
from 2:00pm to 3:30pm

**Save  
the  
Date**

**Nov. 2nd** — Rockmart Farmers Market  
**Nov. 9th** — Rome Scavenger Hunt  
**Nov. 10th** — Veteran's Day

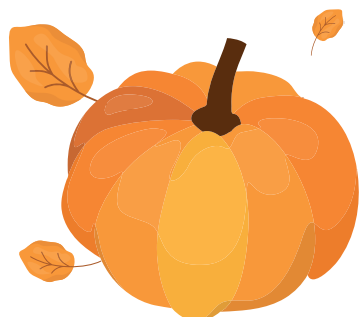
**Nov. 16th** — Thanksgiving Luncheon  
**Nov. 28th** — Apple Barn Touring  
**Nov. 29th** — History Museum of Rome



## Sue Hoban

Sue Hoban is a longtime resident of Rome. She moved here from Cartersville in 1955. Sue and her late husband Jack raised four kids and now have six grandchildren.

Sue is a charter member of Sherwood Baptist Church. Sue loves the activities at Riverwood like bingo, exercise, and music. Sue is known around Riverwood for her smile, kindness and wittiness. We are blessed to have Sue as a resident of Riverwood.



# Happy Birthday



### Resident

Louise Watters	Nov. 16
Allie Maddox	Nov. 17
Ray Marchman	Nov. 22

### Employee

Deena Fife	Nov. 2
Marva Adams	Nov. 7
Becky Reeves	Nov. 15
Brittany Worley	Nov. 16

## FUN FACTS

- » Novem is the Latin word for November.
- » November's full Moon is traditionally called the Beaver Moon. This was based on the month that beaver traps were set before winter in the Colonial era.
- » November's traditional birthstone is the topaz which is a symbol of honor and strength.
- » Some famous people whose birthdays are in November include Mark Twain, Matthew McConaughey, Leonardo DiCaprio, Ryan Gosling, Jimmy Kimmel, Whoopi Goldberg, Owen Wilson, Scarlett Johansson, Miley Cyrus, and Ben Stiller.
- » Thanksgiving is a holiday that dates back to 1621. The first Thanksgiving was started when the Pilgrims, early European settlers, and Native Americans came together for a three-day feast to celebrate a successful harvest.
- » A central tradition of Thanksgiving is enjoying a big meal with family and friends, and turkey is often the star of the dinner table. Many families also enjoy dishes like mashed potatoes, stuffing, cranberry sauce, and pumpkin pie.
- » Thanksgiving Day is famous for its parades, with the Macy's Thanksgiving Day Parade in New York City being one of the most well-known. It's also a day when American football takes center stage, with many families watching games on TV or playing touch football in their yards.
- » Thanksgiving is a time to reflect on the things we're grateful for. Many people go around the dinner table and share what they're thankful for, reminding us to appreciate the good things in our lives.
- » The day after Thanksgiving is known as Black Friday, marking the unofficial start of the holiday shopping season. It's famous for its big sales and crowded stores as people hunt for bargains to kick off their holiday gift shopping.
- » November is the month when daylight saving time ends, and we turn our clocks back one hour to make the most of the shorter days.



## WORD FIND

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

THANKSGIVING

BEAVER

MUSTACHE

SAXONS

SMALLPOX

VETERANS

SCORPIO

FOOTBALL

GETTYSBURG

BANANA

LINCOLN

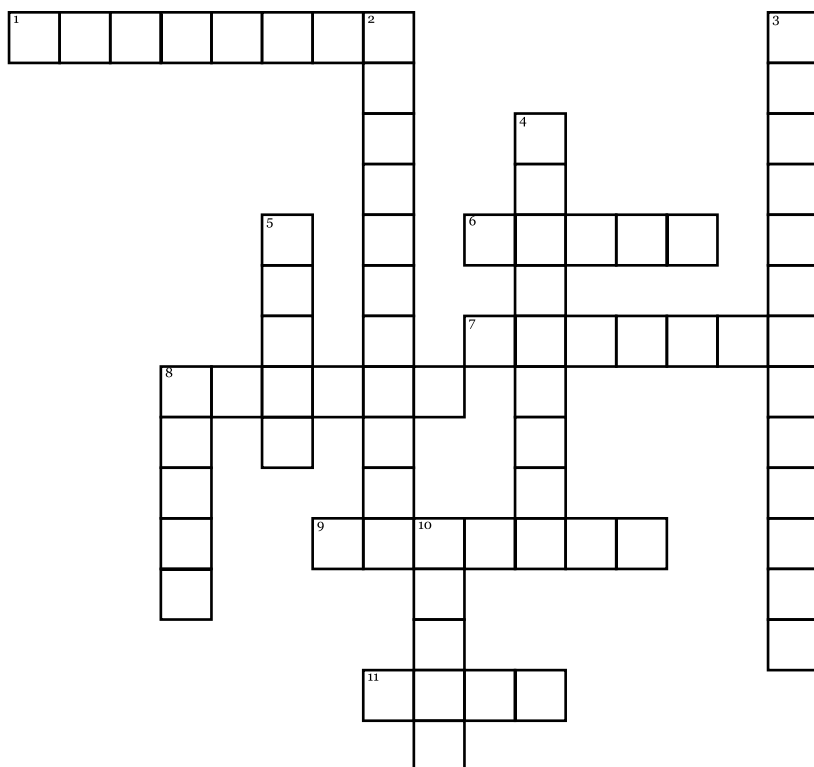
SAGITTARIUS

PARADE

PARIS

AMERICA

## CROSSWORD



### Down

2. British writer
3. November birth flower
4. Fall is a season of \_\_\_\_\_
5. November birthstone
8. The day after Thanksgiving is known as \_\_\_\_\_ Friday
10. The Latin word for November

### Across

1. Early European settlers
6. Dog in a spacecraft
7. Delivered the Gettysburg Address
8. Full moon in November is called the \_\_\_\_\_ Moon
9. 35th president of the USA
11. Roman emperor

## Stay Connected!

### Join Our Facebook Group

Are you on Facebook? Join our exclusive Friends and Family Group for a fun glimpse into what's happening in our community.



### EMPLOYEE OF THE MONTH

#### GRACIELA FLORES



Congratulations to Ms. Graciela Flores for being our Employee of the Month for November!

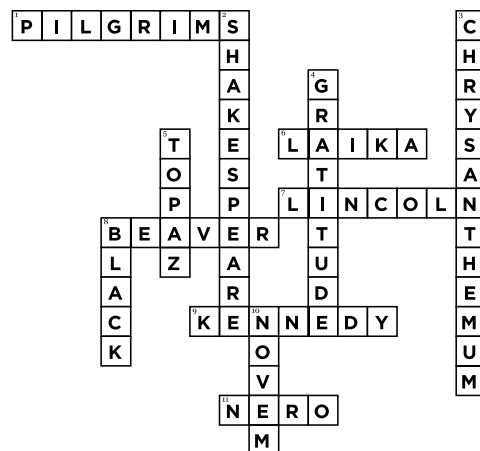
Ms. Flores is a cook at Riverwood. She really enjoys working with her co-workers and interacting with the residents. She loves hearing the resident's stories. Ms. Flores is grateful for the opportunity of being able to serve our residents.

Ms. Flores loves going to church and also spending time with 10-year-old son and grandkids.

Thank you Graciela for all you do for Riverwood.

### ANSWER KEY

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



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