



Retirement Living in the Heart of Downtown

The Gardens

November Events

11/4 & 11/18

Mary Armstrong
Music and Movement

11/5 & 11/19

Scott-Farrar Singers

11/6 Folk Soul Duo

Music and Singing

11/11 Veterans Day &
Veterans Luncheon

11/12 Choppy Choir

11/14 Virginia Eskin – Fall Music
Series, “Modernism”

11/20 Harris Center - Beavers

11/21 Dan Kiruoac
Music and Singing

11/24 Alzheimer’s Fundraiser
Holiday Raffle Baskets Lobby

11/22 Diane Ammons
Piano and Singing

11/27 Thanksgiving Day



Notes from Joanne Activities Coordinator

The National Institute for Play states in recent articles that play sharpens mental acuity, promoting creativity and problem-solving. Regular social, physical, and mental engagement improves cognitive flexibility and memory. Studies also indicate that, for older adults, regular participation in leisure activities (play) correlates with slower rates of memory loss and a reduced risk of dementia. Playful activities can also improve mental well-being, which has been linked to better cognitive outcomes. This valuable information validates the importance of Activity Programming.

November Birthdays

11/1 Barbara R.

11/20 Cresca A





November Flower- Chrysanthemum

The lovely chrysanthemum is named for the Greek for "gold flower."

For centuries, the flower was the official badge of the Old Chinese Army. In Japan, it was featured on the Imperial Crest, and Japanese emperors sat upon chrysanthemum thrones. While the flower generally represents cheerfulness and rest, red chrysanthemums specifically represent love, good luck, and best wishes.



November Birthstone- Yellow Topaz

In addition to its status as

November's birthstone, yellow topaz is a symbol of enduring friendship, abundance, and creativity, and is said to strengthen one's capacity to give and receive love. Topaz comes in a variety of shades, from the traditional honey hue to reds, oranges, and pinks. It is found in many parts of the world, including in the United States, Sri Lanka, Brazil, Pakistan, and Russia.

Getting to Know You...* *Vincent



Vincent is a retired Professor of Science Education. As an avid hiker he is a big fan of the White Mountains and worked on the NH Cog railroad while in college. Vince entertains us with his stories of traveling all over the world.



Christopher, who likes to be called Chris, lived in Newcastle Maine where he spent a lot of his time sailing. He traveled in England, Poland and India. He enjoys reading history and talking about adventures on the water, birdwatching and life in Maine.

Veteran's Day November 11, 2025

We honor our Veterans



Don B.



Rich B.



Chris H.



Dave S.

***Thank you
for your
service.***



Vince L.



November 24th, Kicks off our Holiday Alzheimer's Fundraiser Holiday Raffle Baskets in the Lobby

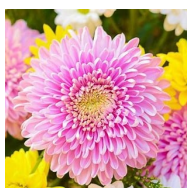
**This Fundraiser is a great way to start your
holiday shopping and support a great cause.**

November Special Days

11/1 All Saints' Day

11/11 Veterans Day

11/27 Thanksgiving



Monthly Religious Services

Offered at Scott-Farrar

Communion – Every other

Monday

Episcopal Service – 2nd Tuesday

Mass – 2nd Thursday

Apostolic Lutheran Service –

Last Sunday



For many Native Americans, Thanksgiving is a painful reminder of the subsequent centuries of colonization, broken treaties, land theft and disease.

Despite the difficult history, some Native American individuals and families use the holiday to gather with loved ones, share traditional foods, and express gratitude, embracing the positive value of thankfulness that is central to many Indigenous cultures.

***Remember to Fall Back
Saturday November 1st***

Dementia Support Group for Memory Care meets on the second Thursday of each month at 4pm in the auditorium.

If you have any questions
contact Bethany, Memory Care Director.

