

BRIDGES NOVEMBER NEWSLETTER

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be announced.



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and turns



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breakfast at the
nutrition Service
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t Tune
in the Country Kitchen
starting to name that
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heart Talk
in the Country Kitchen
d recipes for healthy
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in the Country Kitchen
family have? Come and
will continue to share
s of the holidays.

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P.M. in the Pub
; another Fannie Flagg
at You. What will the
voice be?

he Year
in the Country Kitchen
r 1621, 1777, or 1863.
;iting facts regarding
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der
d the snow begins to
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't already have your
ne soon. The keys are
is greatly appreciated
it makes hectic, cold
r Dan and Mark.

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s Day and there will be
(ans) buffet at the Isle
casino

ome D'arci Phillips
have her back at
es.

Veteran's Day

November 11th at 6 P.M. in the
Community Room

"I think there is one higher
office than president and I
would call that patriot." ~Gary
Hart. Come join us for our
annual recognition of our vets.



(Not in picture –Hattie Suits, Jock Hickey, James
Friedl, Bud Waldermar, Don Darrow,
and Bob Daniels)

Thank You to BJ Herrick for providing food for
happy hour.



FYI



In November 6th Dayligh

Savings Time ends – set your
clocks back one hour!!



THANKSGIVING DAY BUFFET
TURKEY, HAM, BAKED YAMS,
STUFFING, MASHED
POTATOES AND GRAVY,
SCALLOPED CORN, DINNER
ROLLS, CRANBERRY SAUCE,
PUMPKIN PIE, AND
ASSORTED PIES.



ATTENTION

Starting November 9th Allen Home Care
Connection will be on site 24 hours a day.
They will be responding to the code alert
buttons. **Everyone** needs to meet with
them prior to this date so they can obtain
some information from you. Please see
Julie if you have any questions.

As cold and flu season is upon us we have
noticed an increase in the number of cases
of pneumonia with our members. If you are
ill please remember Bridges will deliver
meals to your apartment. Always remember
to help decrease the spread.

1. Cover your cough
(use a tissue or your elbow)
2. Clean your hands
(use soap and water or hand-sanitizer)
3. Contain germs (stay home when sick)

PARKING

At Bridges we put our members 1st.
To help our members have the ability of
close parking we are requesting
your assistance. Please ask your visitors,
delivery companies, etc. to park on the
second level. Also remind them we offer
valet parking services – Just pull up front.
Questions – Please see Julie.

Something you might not be aware of...

Strong perfumes, body sprays, and colognes
can trigger breathing problems for people.
Here at Bridges we have members with
respiratory challenges either ongoing or
because of an illness. Please try to limit the
usage of these items if at all possible.

Thank You, Julie