

Fuel the Brain

Wacky Wordies

Each of the puzzles below provides a visual representation of a common word or phrase. Can you decipher the clues in each puzzle box?



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____



7. _____



8. _____



9. _____



10. _____



11. _____



12. _____

1. Way back when 2. Be on the lookout 3. Who's in charge 4. Down for the count 5. Back-to-back 6. Going to town 7. A needle in a haystack 8. One life to live 9. Within reason 10. Surplus store 11. Fat chance 12. Right under my nose

Activities Highlights

- Tai Chi with Rafael**
Every Sunday at 10:00am
- Art & You w/ Norberto**
Tuesdays and Saturdays
- Shabbat Services with Zipora and Gaston**
Fridays at 3:30pm
- Hot Topiocs w/ Fayanne**
Every Thursday at 2pm
- Special outings and Errands**
Wednesdays and Fridays
- Bingo**
Sundays, Wednesdays and Fridays

Events

- FIU Lifelong Learning Institute**
Claude Monet, the Quintessential Impressionist
By: Armando Droulers
Monday, 1, 2021 –2pm
- Short Stories Circle with Glenda & Marilyn**
Monday, 11/08
- FIU Lifelong Learning Institute**
The Art of Jean Pierre Rampal
By Dr. Alan Mason
Monday, 11/15/2021-2pm
- Resident Council Meeting with Dr. Bruce J.**
Monday, 11/22/2021—2pm



2940 NE 207th Street, Aventura, FL 33180 PH: 786.496.0142
www.royalaventura.com

ALF # 13252

THE PLAZA
AT PARKSQUARE

November 2021



Your Community Staff

- Keith Litman**
Executive Director
- Laura Buitrago**
Director of Administration
- Barry Ger**
Director of Sales & Marketing
- Ricardo Lopez**
Director of Food Service
- Brenda Siino**
Director of Activities
- Milourine Orange**
Dining Room Manager
- Georgina Scott**
Director of Resident Relations
- Jose Cabral**
Director of Maintenance



11/18/2021



From the Executive Director



Dear, Residents & Families-

November is here! Hopefully, it brings with it some cool temperatures and more sweet freedom. Chef Ricky will be putting together an amazing Thanksgiving brunch for all of you this year and we should be thankful for having the patience, tenacity, and spirit to endure the massive strain imposed on us by the pandemic. I want to extend my thanks and appreciation to all of you for your best efforts at mask wearing in the common areas and keeping us safe. We look forward to modifying our visitation policy soon, to allow more simultaneous guests in the building and to enjoy social hour together like the "old days." Be sure to check the calendar for everything going on this month, including the lectures, outings, and busy-busy fun. Finally, I want to personally thank all of you for allowing me the privilege of being of service to you every day. You make it a pleasure! Have a noteworthy November!!

Love,

Keith Litman,

Your Executive Director

From the Director of Activities



The holiday season is upon us! It is a time filled with family, friends, love, and food. In November we celebrate Thanksgiving- a day we should take to reflect on all we have to be thankful for. Also this month is the start of Chanukah, another joyous celebration. We will be observing tradition and lighting the candles each night through the holiday.

A few reminders for the month: please join the Lifelong Learning lectures this month, hosted by FIU. If you are interested in singing, music, and a good time, please join us

for choir practice weekly.

Finally, don't forget to set your clocks back an hour on the 7th.

I look forward to making memories with you all. Happy holiday season.

Brenda Siino

Director of Activities

November Happenings

Special Days

All Saints' (Hallows) Day
November 1

Election Day
November 2

Veterans Day (U.S.) & Remembrance Day (Canada)
November 11

Thanksgiving (U.S.)
November 25

Hanukkah Begins at Sundown
November 28

What is Lucky in November?

Lucky Color: Yellow

Lucky Animal: Tiger

Lucky Letters: K and S

Lucky Day: Wednesday

Lucky Plant: Goldenrod

November Zodiacs

Scorpio (The Scorpion)

November 1–21

Sagittarius (The Archer)

November 22–30

November Birthdays

MIRIAM N. 11/3

PHYLLIS W. 11/6

CAROL S. 11/7

CLAUDE J. 11/10

MORTY L. 11/12

CAROL W. 11/16

SONDRA W. 11/26

HAROLD G. 11/28

BARBARA D. 11/30

LUIS K. 11/30

Birthstone: Topaz

Flower: Chrysanthemum

November Headlines

Historical headlines made this month include:

Essex Confronts Real Moby Dick, and Loses

November 20, 1820

World War I Ends

(November 11, 1918)

President John F. Kennedy Is Assassinated

(November 22, 1963)



November is:

Aviation History Month

Cowboy Month

Games & Puzzles Month

Geography Month

Historic Bridge Awareness Month

Heirlooms & Antiques Month

Life Writing Month

Native American Heritage Month

Novel Writing Month

Paper Airplanes Month

Treasures of Life Month

Turkey Month

November was the ninth month on the early Roman 10-month calendar, taking its name from the Latin word *novem*, meaning "nine." It became the eleventh month when the Roman senate adopted January and February. Legend has it that the Roman senate proposed naming the month after Tiberius Caesar, born November 16, 42 BC. However, Julius Caesar rejected this idea, saying, "What will you do if you have thirteen emperors?"

Up Close & Personal



Osher Lifelong Learning Institute

FIU

November 1 at 2:00 PM

Claude Monet, The Quintessential Impressionist by Armando Droulers

Claude Monet was a key figure in the Impressionist movement that transformed French painting in the second half of the nineteenth century. He was the most prolific practitioner of expressing one's perceptions before fleeting nature, especially as applied to plain-air painting. The term Impressionism is derived from the title of one of his works.

November 15 at 2:00 PM

The Art of Jean Pierre Rampal by Dr. Alan Mason

The Art of Jean Pierre Rampal, the World's Greatest Flutist. Rampal elevated the status of the flute from its original role as an orchestral instrument, to a solo instrument, through his demonstrating that the flute can be as deeply expressive as the violin or the singing voice.

Falls are common and costly, especially among Americans age 65 and older.

Every second of every day, an older adult (age 65+) suffers a fall in the U.S.—making falls the leading cause of injury and injury death in this age group.

Things YOU can do to prevent falls

- 1 Talk openly with your healthcare provider about fall risks & prevention. Tell a provider right away if you fall, worry about falling, or feel unsteady. Have your doctor or pharmacist review all the medicines you take, even over-the-counter medicines. As you get older, the way medicines work in your body can change. Some medicines, or combinations of medicines, can make you sleepy or dizzy and can cause you to fall. Ask your provider about taking vitamin D supplements to improve bone, muscle, and nerve health. Talk to your doctor about fall prevention.
- 2 Exercise to improve your balance and strength. Exercises that improve balance and make your legs stronger, lower your chances of falling. It also helps you feel better and more confident. An example of this kind of exercise is Tai Chi. Lack of exercise leads to weakness and increases your chances of falling. Ask your doctor or healthcare provider about the best type of exercise program for you. Once a year, check with your eye doctor, and update your eyeglasses, if needed. You may have a condition like glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling. Also, have your healthcare provider check your feet once a year. Discuss proper footwear, and ask whether seeing a foot specialist is advised.
- 3 Have your eyes and feet checked.



Source: CDC