



Retirement Housing Foundation

COMMITTED TO SERVICE • DEDICATED TO EXCELLENCE • ENHANCING QUALITY OF LIFE

DeSmet Retirement Community

1425 N New Florissant Road • Florissant, MO 63033 • (314) 838-3811

DeSmet Management Team

Executive Director	Carol Turpin
Director of Nursing	Marcus Geuin
Business Office Manager	Michelle Dunning
Dietary Director	Carybee Reed
Maintenance Director	Cecil Harris
Community Liaison	Lisa Alessi
Activity Director	Sarah Dillingham

Wild World: Dormouse

When asked to name a sleepy animal, the image of a curled-up dormouse may come to mind. These tiny rodents begin hibernating in the fall and typically don't emerge until six months later—and sometimes longer! During the summer, the nocturnal critters prep for their long nap by feasting on berries, nuts and flowers. Though they are skilled at climbing and spend much of their time in trees, dormice often make their nests on the forest floor, hidden by bark and leaves. The nearly 30 species of dormice are found throughout Europe, Africa and Asia. In the U.K., the hazel dormouse is a protected species.

On the Menu: Giblet Gravy

For many, a traditional element of Thanksgiving dinner is rich and savory gravy made from giblets, which are the turkey's neck, heart, gizzards and liver. Often, a whole bird purchased from a supermarket will include these parts in a bag inside the turkey. When giblets are simmered with vegetables and herbs, the resulting stock is used to make a flavorful gravy. Some cooks also chop up the cooked giblet meat and add it to the gravy or mix it into stuffing.

November 2019



Berry Popular

Cranberries have been a tradition at the Thanksgiving table since the first feast in 1621. Native Americans taught early colonists that these wild fruits were a valuable food and a healing remedy, using them to treat wounds. These days, about 80 million pounds of the berries will be consumed during the holiday week alone.

Make Time for Quiet Time

This time of year is known for holiday hustle and bustle, but seeking out some quiet time should be on your to-do list. There's evidence that sustained silence may stimulate the creation of new brain cells in the region of the brain responsible for learning and memory, according to a study. Tuning out external noise also allows you to tune in to inner thoughts, memories and emotions.

Take Good Care

"Every one of us needs to show how much we care for each other and, in the process, care for ourselves."
—Princess Diana

November 2019

- AR

Activity Room
- CR

Community Room
- CH

Chapel
- AD

Assisted Living Dining Room
- O

Outing/Trip

CA

Community Room Cafe

✓ Sign-Up Required

★ Mark the Date

☐ Open to All

☕ I/L Residents Only

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					8:30 <div>O</div> Walmart 10:30 <div>CR</div> Mind & Body☐ 2:00 <div>AR</div> Nickel Bingo	
3	4	5	6	7	8	9
9:30 <div>CH</div> Rosary 10:15 <div>CH</div> Catholic Communion Service 2:30 <div>CH</div> Sunday Service with Brother George☐	8:30 <div>O</div> Aldi & Smoke Shop Run✓ 10:30 <div>CR</div> You Be the Judge 12:00 <div>CR</div> RPI Exercise☐ 1:30 <div>CH</div> Monday Movie, Manicures, and Popcorn☐ 3:00 <div>CA</div> Bible Study with Ms. Betty	8:30 <div>AR</div> Coffee & Donuts 10:00 <div>AD</div> Manicures - A/L side 12:00 <div>O</div> Shop @ Old Time Pottery✓ 2:00 <div>AR</div> Nickel Bingo	8:00 <div>CR</div> Independent Living Breakfast☕ 10:30 <div>AD</div> Light n’ Lively 12:30 <div>AD</div> A/L Residents’ Council Meeting★ 1:30 <div>CR</div> Ice Cream Social - Courtesy of First Light 2:00 <div>CR</div> RPI Exercise☐ 2:30 <div>AR</div> Horse Races 2:30 <div>CR</div> I/L Town Hall Meeting★	9:00 <div>AR</div> Whoopee 10:00 <div>CR</div> Wheel of Fortune 2:00 <div>CR</div> SOCIAL HOUR with Dan Sproat★ 6:30 <div>CR</div> Bible Study with Ms. Helen	10:30 <div>CR</div> Mind & Body☐ 2:00 <div>AR</div> Nickel Bingo	
10	Veterans Day 11	12	13	14	15	16
9:30 <div>CH</div> Rosary 10:15 <div>CH</div> Catholic Communion Service 2:30 <div>CH</div> Sunday Service with Brother George☐	9:00 <div>O</div> Aldi & Smoke Shop Run✓ 10:30 <div>CR</div> Whoopee 12:00 <div>CR</div> RPI Exercise☐ 1:30 <div>CH</div> Monday Movie, Manicures, and Popcorn☐ 3:00 <div>CA</div> Bible Study with Ms. Betty	8:30 <div>AR</div> Coffee & Donuts 10:00 <div>AD</div> Manicures - A/L side 12:00 <div>O</div> Lunch @ MOD Pizza✓ 2:00 <div>AR</div> Nickel Bingo	8:00 <div>CR</div> Independent Living Breakfast☕ 10:30 <div>AD</div> Light n’ Lively 2:00 <div>CR</div> RPI Exercise☐ 2:30 <div>AR</div> Horse Races	9:00 <div>AR</div> Whoopee 10:00 <div>AR</div> Wii Bowling / Tennis 2:00 <div>CR</div> SOCIAL HOUR with Dan Sproat★ 6:30 <div>CR</div> Bible Study with Ms. Helen	10:30 <div>CR</div> Mind & Body☐ 11:00 <div>CR</div> Life Changes Lunch-\$5✓ 2:00 <div>AR</div> Nickel Bingo	
17	18	19	20	21	22	23
9:30 <div>CH</div> Rosary 10:15 <div>CH</div> Catholic Communion Service 2:30 <div>CH</div> Sunday Service with Brother George☐	8:30 <div>O</div> Aldi & Smoke Shop Run✓ 10:30 <div>CR</div> You Be the Judge 12:00 <div>CR</div> RPI Exercise☐ 1:30 <div>CH</div> Monday Movie, Manicures, and Popcorn☐ 3:00 <div>CA</div> Bible Study with Ms. Betty	8:30 <div>AR</div> Coffee & Donuts 10:00 <div>AD</div> Manicures - A/L side 12:00 <div>O</div> Shop @ Old Time Pottery✓ 2:00 <div>AR</div> Nickel Bingo	8:00 <div>CR</div> Independent Living Breakfast☕ 10:30 <div>AD</div> Light n’ Lively 2:00 <div>CR</div> RPI Exercise☐ 2:30 <div>AR</div> Horse Races	9:00 <div>AR</div> Whoopee 10:00 <div>CR</div> Wheel of Fortune 2:00 <div>CR</div> SOCIAL HOUR with Dan Sproat★ 6:30 <div>CR</div> Bible Study with Ms. Helen	10:30 <div>CR</div> Mind & Body☐ 2:00 <div>AR</div> Nickel Bingo	
24	25	26	27	Thanksgiving 28	29	30
9:30 <div>CH</div> Rosary 10:15 <div>CH</div> Catholic Communion Service 2:30 <div>CH</div> Sunday Service with Brother George☐	9:00 <div>O</div> Aldi & Smoke Shop Run✓ 10:30 <div>CR</div> Whoopee 12:00 <div>CR</div> RPI Exercise☐ 1:30 <div>CH</div> Monday Movie, Manicures, and Popcorn☐ 3:00 <div>CA</div> Bible Study with Ms. Betty	8:30 <div>AR</div> Coffee & Donuts 10:00 <div>AD</div> Manicures - A/L side 12:00 <div>O</div> Lunch @ MOD Pizza✓ 2:00 <div>AR</div> Nickel Bingo	8:00 <div>CR</div> Independent Living Breakfast☕ 10:30 <div>AD</div> Light n’ Lively 2:00 <div>CH</div> Catholic Mass 2:00 <div>CR</div> RPI Exercise☐ 2:30 <div>AR</div> Horse Races	9:00 <div>AR</div> Whoopee 10:00 <div>AR</div> Wii Bowling / Tennis 2:00 <div>CR</div> SOCIAL HOUR with Dan Sproat★ 6:30 <div>CR</div> Bible Study with Ms. Helen	10:30 <div>CR</div> Mind & Body☐ 2:00 <div>AR</div> Nickel Bingo	



Classic Cruisers

From hot rods to family vehicles, cars have had supporting roles on many TV shows. Get revved up for this list of memorable on-screen automobiles.

<u>Automobile</u>	<u>TV Series</u>
1921 Oldsmobile Roadster	"The Beverly Hillbillies"
1955 Lincoln Futura	"Batman"
1965 Chrysler Imperial Crown	"The Green Hornet"
1969 Dodge Charger	"The Dukes of Hazzard"
1975 Ford Gran Torino	"Starsky and Hutch"
1982 Pontiac Trans Am	"Knight Rider"
1983 GMC Vandura	"The A-Team"
2003 Cadillac Escalade	"The Sopranos"



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