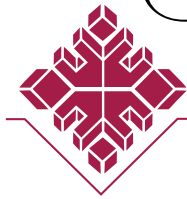


The Gateway Gardens



Retirement Housing Foundation

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

12750 Gateway Park Rd. • Poway, CA 92064 • (858) 451-9933

Gardens Team Members

Business Manager: Marisol Barajas

(858)451-9933

Marisol.Barajas@rhf.org

Assisted Living Admin: Cameron Azemikhah

(858)451-9933

Cameron.Azemikhah@rhf.org

Marketing Director: Malou Indon

(858) 451-9933

Maria.Indon@rhf.org

Maintenance Director: Justin Brown

(858) 487-1197

Justin.Brown@rhf.org

Activities Director: Skip Jamieson

(858) 451-9933

Allister.Jamieson@rhf.org

UPCOMING EVENTS

- Nov 3 Private Memorial Service
- Nov 5 Music with Gary
- Nov 11 Veterans Day
- Nov 12 Music with Randy
- Nov 19 Music with Celeste
- Nov 23 Piano at Dinner
- Nov 25 Thanksgiving Day
- Nov 26 Birthday Celebrations for November

November 2021



Bon Appetit!

"One of the very nicest things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating." —Luciano Pavarotti

Fill Up on Football

Like turkey and pumpkin pie, pro football is also a Thanksgiving Day staple. Every year since 1934, the Detroit Lions have hosted an afternoon game. In 1966, the Dallas Cowboys joined in the tradition. A nighttime matchup was added in 2006 with the remaining NFL teams rotating as hosts.

A Seasonal Squash

With green and orange skin and a nutty flavor, acorn squash makes a festive appearance on many fall tables. Though the vegetable is more closely related to zucchini and other summer squash varieties, it's treated as a winter squash, meaning it has matured fully on the vine so it can be stored long-term. Historians say acorn squash was one of the first crops to be cultivated by Native Americans, who made it a staple of their diet.

November 2021

Exercise
Games
Shopping
Entertainment
Church
Arts & Crafts
Movie

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Wishing you a wonderful THANKSGIVING DAY	Dr. Appointments: 8am - 3pm 1 9:30 Games Rummikub (AR) 11:00 Entertainment Discover Europe 12:00 Games Wii Bowling 1:45 Exercise Workout/Exercise 3:00 Entertainment Show & Tell 6:30 Movie Movie Night Surprise (B)	2 9:30 Games Rummikub (AR) 12:00 Games Wii Bowling 1:45 Exercise Workout/Exercise 3:00 Entertainment Current Events 6:30 Movie Movie Night Surprise (B)	Dr. Appointments: 8am - 3pm 3 9:30 Games Rummikub (AR) 11:00 Exercise Workout/Exercise 12:00 Games Wii Bowling 1:30 PRIVATE MEMORIAL SERVICE 2:30 Games Bingo 6:30 Movie Movie Night Surprise (B)	4 9:30 Games Rummikub (AR) 11:00 Entertainment Educational Show 12:00 Games Wii Bowling 1:30 Exercise Workout/Exercise 2:00 Chat with Chelsea & Chef 2:30 Games Bingo 6:30 Movie Movie Night Surprise (B)	5 9:30 Games Rummikub (AR) 11:00 Exercise Workout/Exercise 12:00 Games Wii Bowling 1:00 Shopping Shopping by Choice 1:30 Entertainment Happy Hour - Gary 3:00 Arts & Crafts Crafts - Judy 6:30 Movie Movie Night Surprise (B)	6 9:30 Games Rummikub (AR) 12:00 Games Wii Bowling 1:00 Games Bingo 3:00 Games Card Games (B) 6:30 Movie Movie Night Surprise (B)
Daylights Saving Time Ends 7 9:30 Games Rummikub (AR) 10:00 Church Church Service 12:00 Games Wii Bowling 3:00 Games Skip-Bo/Rummikub (B) 6:30 Movie Movie Night Surprise (B)	Dr. Appointments: 8am - 3pm 8 9:30 Games Rummikub (AR) 12:00 Games Wii Bowling 1:45 Exercise Workout/Exercise 3:00 Entertainment Educate us 6:30 Movie Movie Night Surprise (B)	9 9:30 Games Rummikub (AR) 12:00 Games Wii Bowling 1:00 Entertainment Gary, the History Guy 2:30 Exercise Workout/Exercise 3:00 Arts & Crafts Art with Adel 6:30 Movie Movie Night Surprise (B)	Dr. Appointments: 8am - 3pm 10 9:30 Games Rummikub (AR) 12:00 Games Wii Bowling 1:45 Exercise Workout/Exercise 2:30 Games Bingo 6:30 Movie Movie Night Surprise (B)	Veterans Day 11 9:30 Games Rummikub (AR) 12:00 VETERANS DAY 12:00 Games Wii Bowling 1:45 Exercise Workout/Exercise 2:30 Games Bingo 6:30 Movie Movie Night Surprise (B)	12 9:30 Games Rummikub (AR) 11:00 Entertainment Views and News 12:00 Games Wii Bowling 1:00 Shopping Shopping by Choice 1:30 Exercise Happy Hour - Randy 3:00 Arts & Crafts Crafts - Judy 6:30 Movie Movie Night Surprise (B)	13 9:30 Games Rummikub (AR) 12:00 Games Wii Bowling 1:00 Games Bingo 3:00 Games Card Games (B) 6:30 Movie Movie Night Surprise (B)
14 9:30 Games Rummikub (AR) 10:00 Church Church Service 12:00 Games Wii Bowling 3:00 Games Skip-Bo/Rummikub (B) 6:30 Movie Movie Night Surprise (B)	Dr. Appointments: 8am - 3pm 15 9:30 Games Rummikub (AR) 12:00 Games Wii Bowling 1:45 Exercise Workout/Exercise 3:00 Entertainment Skip's Presentation 6:30 Movie Movie Night Surprise (B)	16 9:30 Games Rummikub (AR) 12:00 Games Wii Bowling 1:45 Exercise Workout/Exercise 3:00 Entertainment A Trip Down Memory Lane 6:30 Movie Movie Night Surprise (B)	Dr. Appointments: 8am - 3pm 17 9:30 Games Rummikub (AR) 11:00 Entertainment America's Great Road Trips (B) 12:00 Games Wii Bowling 1:45 Exercise Workout/Exercise 2:30 Games Bingo 6:30 Movie Movie Night Surprise (B)	18 9:30 Games Rummikub (AR) 11:00 Entertainment Educational Show 11:00 Arts & Crafts Rock Painting 12:00 Games Wii Bowling 1:45 Exercise Workout/Exercise 2:30 Games Bingo 6:30 Movie Movie Night Surprise (B)	19 9:30 Games Rummikub (AR) 11:00 Entertainment Views and News 11:00 Exercise Workout/Exercise 12:00 Games Wii Bowling 1:00 Shopping Shopping by Choice 1:30 Entertainment Happy Hour - Celeste 3:00 Arts & Crafts Crafts - Judy 6:30 Movie Movie Night Surprise (B)	20 9:30 Games Rummikub (AR) 12:00 Games Wii Bowling 1:00 Games Bingo 3:00 Games Card Games (B) 6:30 Movie Movie Night Surprise (B)
21 9:30 Games Rummikub (AR) 10:00 Church Church Service 12:00 Games Wii Bowling 3:00 Games Skip-Bo/Rummikub (B) 4:00 THANKSGIVING DINNER 6:30 Movie Movie Night Surprise (B)	Dr. Appointments: 8am - 3pm 22 9:30 Games Rummikub (AR) 12:00 Games Wii Bowling 1:45 Exercise Workout/Exercise 3:00 Entertainment Timeless Trivia 6:30 Movie Movie Night Surprise (B)	23 9:30 Games Rummikub (AR) 12:00 Games Wii Bowling 1:45 Exercise Workout/Exercise 3:00 Entertainment Current Events 4:30 Entertainment Dinner Music with Zina 6:30 Movie Movie Night Surprise (B)	Dr. Appointments: 8am - 3pm 24 9:30 Games Rummikub (AR) 12:00 Games Wii Bowling 1:45 Exercise Workout/Exercise 2:30 Games Bingo 6:30 Movie Movie Night Surprise (B)	Thanksgiving 25 9:30 Games Rummikub (AR) 11:00 Thanksgiving Brunch 1:30 Entertainment Scotland we love you 2:30 Games Bingo 6:30 Movie Movie Night Surprise (B)	26 9:30 Games Rummikub (AR) 11:00 Entertainment Views and News 12:00 Games Wii Bowling 1:00 Shopping Shopping by Choice 1:45 Exercise Workout/Exercise 3:00 Arts & Crafts Crafts - Judy 6:30 Movie Movie Night Surprise (B)	27 9:30 Games Rummikub (AR) 12:00 Games Wii Bowling 1:00 Games Bingo 3:00 Games Card Games (B) 6:30 Movie Movie Night Surprise (B)
Hanukkah Begins at Sundown 28 9:30 Games Rummikub (AR) 10:00 Church Church Service 12:00 Games Wii Bowling 3:00 Games Skip-Bo/Rummikub (B) 6:30 Movie Movie Night Surprise (B)	Dr. Appointments: 8am - 3pm 29 9:30 Games Rummikub (AR) 11:00 Entertainment Discover Europe 11:00 TBD - Podiatrist 12:00 Games Wii Bowling 1:45 Exercise Workout/Exercise 3:00 Entertainment Just Words 6:30 Movie Movie Night Surprise (B)	30 9:30 Games Rummikub (AR) 12:00 Games Wii Bowling 1:45 Exercise Workout/Exercise 3:00 Entertainment A Trip Down Memory Lane 6:30 Movie Movie Night Surprise (B)		 HAPPY VETERANS DAY HONORING ALL WHO SERVED	Please Note: All Activities Are Subject to Change 	Important Message All activities comply with the requirements of the CDC.

I am Thankful for everyone and everything in my Life.

My life is not perfect, but I am thankful for everyone and everything I do have.

I had to think of a lot of people that I am thankful for in my life. Without their presence, it would be harder to live life the way I do. Even though there are times when I get annoyed with the things they do, overall I am happy to have each one of them in my life. In the end, it makes me a better person. Thank you to everyone who has taught me something without even trying, or without me even noticing. Thank you to all my friends and family and everyone else. Thank you to everyone in my life for being a positive influence and for helping me to become a person who is kinder and more caring. Thank you to my teachers, family, and friends for helping to shape me into the person that I am. You all are a valuable part of my life. You make my life easy. You make me smile. I hope I am able to make others smile.

A lot of Americans live month to month, paycheck to paycheck. The number of people who became homeless in San Diego for the first time more than doubled last year, a possible result of the pandemic and a concerning trend that could worsen. About 25 percent of people in shelters were 55 or older last year.

Looking at how other people live or are forced to live makes us feel even more grateful for what we have.

No matter how good or bad you think life is, wake up each day and be THANKFUL FOR LIFE. Someone, somewhere is fighting to survive, wishing they had what you have.

Be thankful today and forever.

FLOWER OF THE MONTH | NOVEMBER

Chrysanthemum

*Compassion
and friendship*