

The Worthington *Happenings*

NOVEMBER 2025

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WELCOME NOVEMBER

Welcome to the month of November, best known for Elections, turkeys, leaves and being thankful for our blessings. Join us this month to celebrate and participate in a great variety of fun things. Also remember that the month of November brings the end of Daylight Savings Time.

The clocks fall back at 2 a.m. on November 2nd.

Also, this month we honor our veterans on November 11th. To make the day special, we are having a sit-down breakfast served to order! Just make sure to invite a guest to this. Reservations forms will be in your box. Please make sure to turn your reservation in with a yes or no reply.

LET'S TALK TURKEY IN NOVEMBER!

Mr. Turkey Takes a Detour

*As I was walking down the street one day
I heard some people talking and I had to get away!*

They were talking 'bout eating turkeys on some holiday—

If Thanksgiving is tomorrow, then I'm out today!

*They can have their corn and their pumpkin pie!
Pour their gravy on potatoes or just eat 'em dry!
Stuff themselves with their stuffing without blinking an eye!*

*I'll flap my wings, keep it moving, see you later,
bye bye!*

When your cousin asks—Why I'm not on his plate

Tell him veggies are important for a healthy weight!

*He should learn to be grateful and just celebrate!
Mr. Turkey took a detour — not a minute too late!*

DEPARTMENT NEWS

DINING ROOM:

The dining room staff is requesting that you do not come for your meals early. Once again, the times that the dining room is open are as follows:

Breakfast: No entrance until 7:30 a.m.
Starts at 7:30–9:30 am

Lunch: No entrance until 11:45 a.m.
Starts at 11:45–1 pm

Dinner: No entrance until 4:45 p.m.
Starts at 4:45–6 p.m.

Please be mindful of coming to meals right at closing!
We would like to serve hot and yummy food and do not want to give you the last reminder of the day. Please come down promptly so you can have the best quality food possible.

All persons coming after 5:50 p.m. will be given to-go food.

CUSTODIAL SERVICES & MAINTENANCE

Please be aware that it is time for the fire alarms to be tested. **On Nov 6th from 8–4 p.m., the fire alarm service company will be here.** They will be entering rooms to check smoke alarms, so please be mindful of this. Also, there will be sirens going off periodically.

ACTIVITIES

Once again remember that signing up promptly for activities and trips is very important. **Any activity that does not have 3 people signed up by 4 p.m. the previous day is subject to cancellation.** Also, we request that you do not come to an activity more than 5 minutes prior. We need all the room and time possible to set up for events.

HOUSEKEEPING

Please be mindful that room cleaning is an essential part of living in a large facility. We request that you partake in these services and do not cancel unless sick or traveling. **Remember that housekeeping starts at 9 a.m. and continues throughout the day until 3 p.m.**

Because the housekeepers are on time restraints, they cannot alternate sides or times. Please remember that times can vary, and we need your cooperation in this matter.

ALZHEIMER’S FUNDRAISING UPDATE

Hey everyone, we want to let you know that The Worthington was #1 in the Alzheimer’s fundraising! We beat out all the other buildings, and not only that, we were also #5 in all of Larimer Country!

We raised a grand total of \$7,143!

Thank you so much for your support!

NEW INCENTIVE PROGRAM

We are launching a new incentive program here at The Worthington that rewards participation in activities with a dining opportunity as a reward. **At the start of November, everyone will be provided with activity punch cards with instructions as to what activities get a punch.** The first 15 people that fill their card with 20 punches go to the top of a list to enjoy a sit-down breakfast with others that filled their punch card. Let’s try it out and see how it works.

THANKSGIVING BUFFET

As always, we will be hosting a **Thanksgiving buffet on Thanksgiving Day from 11:30 to 1:30 pm.** This year the theme is a Mayflower Thanksgiving. Please look for the reservation forms with the menu in your boxes. If you have any questions concerning the buffet, PLEASE feel free to call the Front Desk. **There will be NO DINNER SERVICE on Thanksgiving, so plan accordingly! PLEASE SIGN UP, especially if you have guests attending.**

WORTHINGTON SPECIAL ACTIVITIES

READERS THEATRE

This month, by request, we are launching a new activity. Readers Theatre is a fun way to interact and raise the curtain on creativity. Engaging in Readers Theatre can offer numerous benefits for seniors, both in terms of personal development and overall well-being, including cognitive stimulation, improved communication skills, social interaction, and emotional expression—plus a host of many more advantages. **Join us on Wednesday mornings at 10 a.m. in the AR for this great activity.** Come and see what it is all about—skits and reading prompts provided in a laid-back, fun atmosphere.

OUT TO LUNCH

Did you know that we go out to lunch on the first Thursday of each month? It’s a great chance to enjoy good food, conversation, and the company of friends. Sign up and join us! **This month, on Thursday, November 6 at 11:30 am, we will be heading to La Casita Mexican Cuisine.** We offer a wide array of fresh food – Colorado plate, wings, pozole, pollo a la plancha, chicken fajitas, la tampiquena, tacos al pastor, Jalisco plate, and Mexican hamburger. We use the freshest ingredients in preparing our food to provide the best quality and taste. Try our delicious food today!

We’d love to see you there for a laid-back meal filled with laughter, fellowship, and delicious food. **Don’t miss out—come join us!** Also, there is an Italian Gelato stand right next door that you are welcome to grab a gelato for dessert right after our lunch.

VALENTINE CITY CHORUS ENTERTAINMENT

We are delighted to once again welcome the Valentine City Chorus to the Worthington! **This wonderful chorus of talented singers will be joining us on Tuesday, November 11th at 2 pm.** to fill our halls with music and joy. The Valentine City Chorus is a group of men who enjoy singing A Capella, four-part close harmony in the barbershop

style. We sing as a chorus, as well as in quartets. The main goal of the Society and the Loveland Chapter is to preserve and encourage a style of music that is uniquely American and has been around for over a hundred years. The Valentine City Chorus will be here to celebrate our veterans with many patriotic songs. Please come and support and honor our veterans and enjoy the music.

KEVIN COOK

Kevin will be at the Worthington for his 11th installment of his Colorado Nature series, “Colography: The Nitty-Gritty Colorado.” This installment is entitled “ Remembering the Past to Anticipate the Future.” As he states it, “During the first century and a half of America’s existence as a country, people obliterated entire ecosystems. That loss affected everything from aesthetics to economics: a forest entirely cut to the ground cannot provide commercially valuable lumber. Such realities motivated concepts of conservation and preservation.” Please come and join the experience on November 13th at 10 am. Also remember our fun guy, Jim Willard, will be here the following Thursday at 11 am to take you down memory lane with music, facts and trivia of years gone by. Join him in the AR, it’s always a blast.

TRIPS OF THE MONTH

November 5th at 8:30 am – Walmart Run
November 6th at 11:30 am – Out to Lunch: La Casita Mexican Cuisine
November 7th at 8:45 am – King Soopers Trip
November 21st at 8:45 am - King Soopers Trip

ENTERTAINMENT WITH COCKTAILS

Let’s raise a glass to good friends and good cheer before Thanksgiving! **Join us on Tuesday, November 26th at 2:30 p.m. in the Dining Room** for an afternoon of live music, laughter, and festive cocktails.

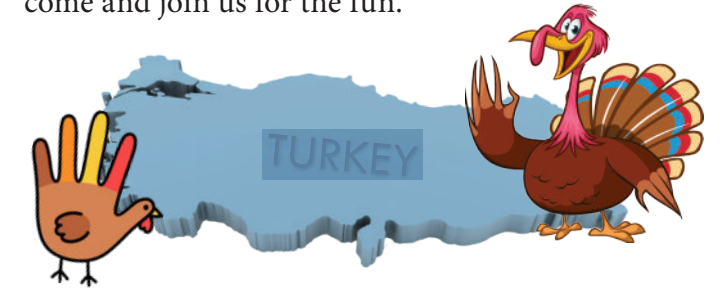
We’ll be serving up a mix of seasonal favorites from spiced cocktails to cozy mocktails along with tasty snacks to keep the celebration going.

Bring your friends, enjoy the tunes, and toast to the season of gratitude. It’s the perfect way to relax, unwind, and get into the holiday spirit together!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOVEMBER				All activities are subject to change.  		9 am Exercise w/ Brynn– AR 10 am Bingo – TH 11 am Wii Bowling – AR 2 pm Movie – AR 7 pm Movie – AR 1
DAYLIGHT SAVINGS TIME ENDS 2 pm Movie – AR 7 pm Movie – AR 2	DR. MIKE IS HERE! 9 am Tai Chi Chih – AR 10 am Word Games - AR 11 am Brain Games – AR 1:15 pm Tai Chi w/ Yvonne - AR 2:30 pm Trivia Fun – AR 7 pm Nature Series - AR 3	9 am Exercise – AR 10 am Current Events – PDR 11 am Hymn and Sing w/ Rebecca – TH 1:30 pm Travelogue about Turkey - AR 2:45 pm Bingo - TH 4	8:30 am Walmart Run 9 am Exercise - AR 10 am Readers Theatre – AR 11 am Exercise w/ Erin – AR 1:15 pm Sit Dance w/ Shari – AR 2:30 pm Marjorie Morningstar: Kenya – AR 7 pm TV Series - AR 5	8 AM – 4 PM 6 FIRE ALARM TESTING 9 am Seated Ballet – AR 10 am Ambassador’s Meeting – SR 11 am Yoga - AR 11:30 am Out to Lunch: La Casita Mexican Cuisine 1:30 pm Lets Play Farkle - AR 2:30 pm Great Course on Great Courses w/Rebecca – AR 3:30 pm M & M - TH 6:30 pm Prayer Group - PDR 6	8:45 am King Soopers Run 9 am Exercise with Diane - AR 10 am Coffee & News – PDR 11 am Work Spiel – AR 2 pm Painting Canvas Totes Craft - AR 7 pm Movie - AR 7	9 am Exercise w/Brynn – AR 10 am Bingo – TH 11 am Wii Bowling – AR 2 pm Movie – AR 7 pm Movie – AR 8
2 pm Movie – AR 7 pm Movie – AR 9	9 am Tai Chi Chih – AR 10 am Word Games - AR 11 am Brain Games – AR 1:15 pm Tai Chi w/ Yvonne - AR 2:30 pm Trivia Fun – AR 7 pm Nature Series - AR 10	VETERAN’S DAY 7:30 -9 am Special Seated Breakfast -DR 9 am Exercise – AR 10 am Current Events – PDR 11 am Hymn and Sing w/ Rebecca – TH 2 pm Valentine City Chorus Entertainment - DR 2:45 pm Bingo -TH 11	9 am Exercise - AR 10 am Readers Theatre – AR 11 am Exercise w/ Erin – AR 1:15 pm Drumming w/ Shari - AR 2:30 pm Queen Victoria’s Plucky Chicken – AR 7 pm TV Series - AR 12	9 am Seated Ballet – AR 10 am Kevin Cook - AR 11 am Yoga - AR 1:30 pm Group Pokeno - AR 2:30 pm Great Course on Great Courses w/Rebecca – AR 6:30 pm Prayer Group - PDR 13	9 am Exercise with Diane - AR 10 am Coffee & News – PDR 11 am Word Spiel– AR 2 pm Fall Pumpkin Craft with Larimer Co - AR 7 pm Movie - AR 14	9 am Exercise w/ Brynn– AR 10 am Bingo – TH 11 am Wii Bowling – AR 2 pm Movie – AR 2:30 pm Wine Social – TH 7 pm Movie – AR 15
2 pm Movie – AR 7 pm Movie – AR 16	9 am Tai Chi Chih – AR 10 am Word Games - AR 11 am Brain Games – AR 1:15 pm Tai Chi w/ Yvonne - AR 2:30 pm Trivia Fun – AR 7 pm Nature Series - AR 17	9 am Exercise – AR 10 am Current Events – PDR 11 am Hymn and Sing w/ Rebecca – TH 1:30 pm Let’s Talk Wild Turkey Doc- AR 2:45 pm Bingo - TH 18	9 am Exercise - AR 10 am Readers Theatre – AR 10 am S.O.A.P entertainers 11 am Exercise w/ Erin – AR 1:15 pm Sit Dance w/ Shari - AR 2:30 pm Townhall Meeting - TH 7 pm TV Series - AR 19	9 am Seated Ballet – AR 10 am Yoga - AR 11 am Jim Willard - AR 1:30 pm Jeopardy - TH 2:30 pm Great Course on Great Courses w/Rebecca – AR 3:30 pm M & M - TH 6:30 pm Prayer Group - PDR 20	8:45 am – King Soopers Run 9 am Exercise with Diane - AR 10 am Coffee & News – PDR 10 – 11 am Blood Pressure Clinic 11 am Word Speil – AR 2:30 pm Birthday Party with Ester Parsons and Dave DeVries Performance - DR 7 pm Movie - AR 21	9 am Exercise w/ Brynn – AR 10 am Bingo – TH 11 am Wii Bowling – AR 2 pm Movie – AR 7 pm Movie – AR 22
2 pm Movie – AR 7 pm Movie – AR 23	9 am Tai Chi Chih – AR 10 am Word Games - AR 11 am Brain Games – AR 1:15 pm Tai Chi w/ Yvonne - AR 2:30 pm Book Club - PDR 7 pm Nature Series - AR 24	9 am Exercise – AR 10 am Current Events – PDR 11 am Thanksgiving Service w/ Rebecca – TH 1:30 pm Turkey Gourd Craft - AR 2:45 pm Bingo - TH 25	9 am Exercise - AR 10 am Readers Theatre – AR 11 am Exercise w/ Erin – AR 1:15 pm Drumming w/ Shari - AR 2:30 pm Entertainment with Cocktails - DR 7 pm TV Series - AR 26	THANKSGIVING 11:30 am – 1:30 pm A Mayflower Thanksgiving Buffet 6:30 pm Prayer Group - PDR 27	9 am Exercise with Diane - AR 10 am Coffee & News – PDR 11 am Word Speil – AR 2 pm Movie - AR 7 pm Movie - AR 28	9 am Exercise w/ Brynn – AR 10 am Bingo – TH 11 am Wii Bowling – AR 2 pm Movie – AR 7 pm Movie – AR 29
2 pm Movie – AR 7 pm Movie – AR 30	2025				The Worthington	

IT'S ALL ABOUT TURKEY IN NOVEMBER

Hey everybody, It's November and that means all things Turkey!!!! Join us for fun and unique things all month that plays on the turkey theme!! We have A travelogue about the Country of Turkey, we have A wild turkey documentary that tells about this unique bird, we have a few crafts throughout the month that is geared towards our friend the turkey and lastly we have a fun program called Queen Victoria's plucky chickens. Find one on the calendar that you like and come and join us for the fun.



MARJORIE MORNINGSTAR : TRAVELOGUE TO KENYA

Join seasoned traveler Marjorie Morningstar for a travelogue presentation to Kenya. Marjorie will be visiting The Worthington on Wednesday, November 5th at 2:30 pm to share her adventure to Kenya. Marjorie not only shares her travels but she gives background information on the people, the culture and the geography. Come and learn about Kenya.

BIRTHDAY PARTY WITH ESTHER PARSONS AND DAVE DEVRIES

Join us for our monthly Birthday party to honor November birthdays on Friday, November 21st at 2:30pm in the Dining Room. We have a special feature this month as residents and Esther and Dave are set to perform for you. Come and support both our birthday celebrants as well as our resident performers.

SEATED BALLET EXERCISE CLASS

Stretch, strengthen, and shine—right from your chair! Join us every Thursday at 9:00 a.m. in the Activity Room for a gentle, music-guided seated ballet class designed to improve posture, balance, flexibility, and coordination.

Each session blends simple ballet-inspired movements with graceful arm patterns and light stretching, all set to soothing music. You'll build strength, increase joint mobility, and enjoy a calm, uplifting start to your morning. This class is perfect for all fitness levels—no dance experience needed! Just bring your energy, a smile, and comfortable clothing. Come move, breathe, and feel your best while having fun with friends!

WINE SOCIAL

Please come on Saturday, November 15th for the Wine Social hosted by Venus at 2:30 pm in the Townhall. Come and break up the weekend monotony with a cocktail, appetizer, and conversation. Venus hopes that you all come and enjoy yourself.

DAYLIGHT SAVINGS TIME ENDS

Just a reminder that the first Sunday in November kicks of Daylight Savings Time. On November 2nd at 2 am, the clocks will fall back one hour. This means that it will be darker longer during the morning! DO NOT forget to change your clock before you retire to bed!

FALL PUMPKIN CRAFT WITH LARIMER COUNTY

Celebrate the season with us! Join Larimer County at The Worthington on Thursday, November 14th at 2:00 p.m. for a fun Fall Pumpkin Craft activity. All supplies are provided—decorate your own festive pumpkin to take home or give as a gift. No experience needed, just bring your creativity and a smile! Sign up to reserve your spot—space is limited!

ENTERTAINMENT BY S.O.A.P.

We have special entertainment for you on Wednesday, November 19th at 10am from members of the Slightly Older Adult players to perform a portion of a play that they will be doing at the Senior Center. This is a promotion of their December play at The Senior Center. Please come and check them out. This will be during our Readers Theatre hour.

History of Thanksgiving
a timeline

1621
The First Thanksgiving
Pilgrims and Native Americans celebrated a harvest feast (known as the first "Thanksgiving") in Plymouth, Massachusetts.

1630
New England Thanksgiving
Settlers observed the first Thanksgiving of the Massachusetts Bay Colony in New England on July 8, 1630.

1777
Chilly T-Day
While in route to Valley Forge, George Washington and his army stopped in freezing weather to observe the first Thanksgiving of the new United States of America.

1789
Give Thanks
President George Washington declared November 26, 1789, as a national day of "thanksgiving and prayer."

1863
Federal Holiday
President Abraham Lincoln declared Thanksgiving an official federal holiday.

1876
College Football
The first intercollegiate football championship was held on Thanksgiving Day.

1924
First Parade
Macy's held its first Thanksgiving Day parade.

1934
National Football
The first National Football League game held on Thanksgiving Day was between the Detroit Lions who faced the Chicago Bears at the University of Detroit Stadium.

1941
Set a Date
President Roosevelt established the fourth Thursday in November as Thanksgiving Day.

1947
Presidential Pardon
President Harry Truman "pardoned" a turkey the day before it was scheduled to be served up as the main course at the White House Thanksgiving dinner. Modern presidents today have carried on the tradition.

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Fun at the pumpkin patch



Pumpkin patch visit



Painting pumpkins





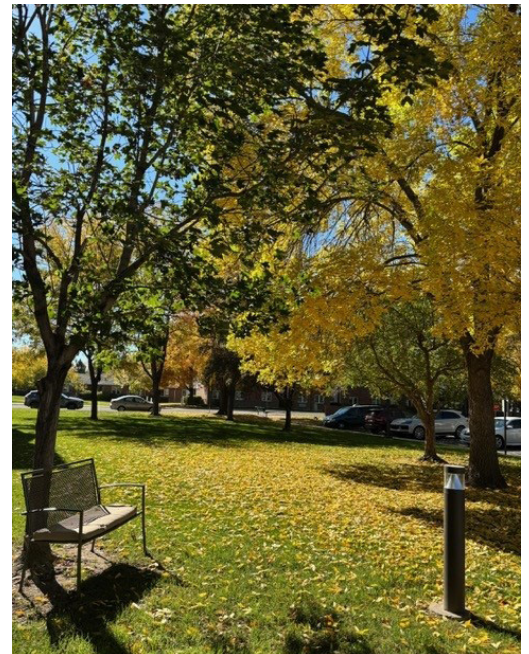
Alzheimer's fundraising dinner



Alzheimer's fundraising dinner



Out for a walk at McChaffey park



Fall at The Worthington



Fossil visit from CSU archeology department



Men's Breakfast tablescape