

Happy
Thanksgiving!

November 2024

everything ELIMS

FOXCATCHER
TUESDAY,
NOVEMBER 26
6:30pm

EPU Course
HISTORY REVISITED
November 3

A VOTE OF HER OWN
CT Historical Society
November 18

NICOLE HENRY
The Songs of Whitney Houston
November 15



everything ELIMS

November 2024

Your guide to Life Enrichment activities and trips, performing arts live in Nelson Hall, and broadcasts on our in-house channel, EPTV 125.

ALSA Clinics



Griffin Hospital

Blood Draw

Tuesdays at 8:00am,

Thursdays at 8:30am

Mallard Mill Medical Suite

To schedule, call the nurse at x4322

Blood Pressure Clinic

Thursday at 11:00am–12:00pm

ALSA Nursing Office

Hearing Aid Clinic

Monday, Nov 11 • 1:00pm–4:00pm

Mallard Mill 2nd floor library

Call x4329 for appointment

Ear Wax Clinic

Thursday, Nov 14 • 1:15pm–3:45pm

Mallard Mill Medical Suite

Call at x4329 for details and to sign up.

Podiatrist

There are no podiatrist appointments in November

Arts & Leisure

Julia Bleau, Arts & Leisure Coordinator

Phone extension: x4163

Email: jbleau@elimark.org

Contact Julia:

- To reserve spaces in the Arts & Leisure Center
- To suggest new activities or form a new group

Bus To Shopping

Catch the Elim Park bus transportation to local grocery stores, banks, and more. A schedule of times and locations can be found at the Concierge Desk in the Oasis, or call the Transportation Coordinator at x4354.

Residents need to sign up by 3:00pm the day before the shopping trip.



Neighborhood pick ups begin at 9:00am on Tuesdays and Fridays and at 9:30am on Wednesdays.

Life Enrichment

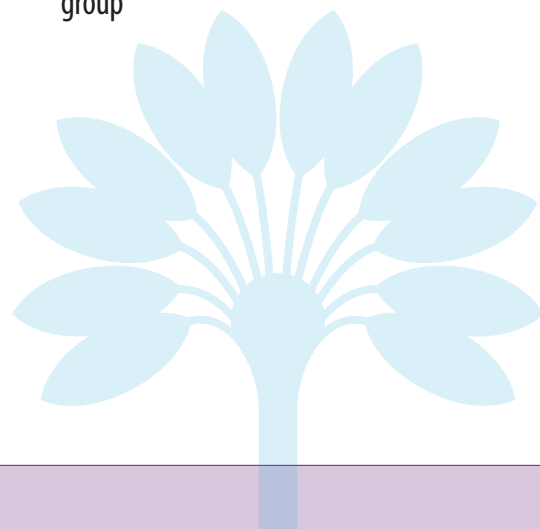
Sharon Snow, Life Enrichment Coordinator

Phone extension: x4143

Email: ssnow@elimark.org

Contact Sharon:

- To make reservations for trips and life enrichment programs
- To reserve common areas and lounges for a group activity
- To suggest new activities or form a new group



Nelson Hall

Pam Nelson,

Director, Nelson Hall

Phone extension: x4309

Email: pnelson@elimark.org

Box office phone: x4495

Email: nelsonhall@elimark.org

To reserve Nelson Hall for an event or meeting, email:

Nelsonhallproductions@gmail.com

Nelson Hall FAQs

“What do I need to reserve in advance?”

Residents must purchase show tickets with assigned seating.

You do not need to reserve a seat for Sunday Services, movies or any other meetings or events at this time.

“Where and when can I get tickets to shows?”

- Guests can purchase on-line at nelsonhall.org
- Residents and staff can visit the Box Office during open hours
- Call the Box Office at x4495 or 203.699.5495
- Email nelsonhall@elimark.org

Box Office Hours:

Tue–Fri, 10:00am–2:00pm

FITNESS & WELLNESS CENTER SCHEDULE—November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Land Exercise Schedule				
9:00am–9:30am Blue Class	9:00am–9:30am Circuit	9:00am–9:30am Blue Class		9:00am–9:30am Blue Class
9:45am–10:15am Core Strength	9:45am–10:15am Mind/Body		9:45am–10:15am Mind/Body	
10:45am–11:15am Green Class		10:45am–11:15am Green Class		10:45am–11:15am Green Class
	11:15am–11:45am Balance		11:15am–11:45am Balance	
12:00pm–12:30pm Yellow Class	12:00pm–12:30pm Yellow Class	12:00pm–12:30pm Yellow Class		12:00pm–12:30pm Yellow Class

BLUE: Moderate to vigorous activity regularly, class all standing. **GREEN:** Active life most of the time, class mix of standing and seated. **YELLOW:** Mobility limitations, seated class with weights. **BALANCE:** Improving posture and balance for all fitness levels. **CIRCUIT:** Moderate to vigorous activity, class combines strength, balance and cardio exercises. **CORE STRENGTH:** Class designed to target and strengthen core/abdominal muscles. Participants will be on the floor for the majority of class. **MIND/BODY:** Seated class with stretching/relaxation.

Aquatic Exercise and Pool Schedule • No Lifeguard on Duty—Swim at Your Own Risk

Please swipe your barcode to sign in and out, whether attending a class or open swim

5:00am–9:00am Open Swim	5:00am–11:00pm Open Swim	5:00am–9:00am Open Swim	5:00am–8:30am Open Swim	5:00am–9:00am Open Swim
			8:30am–9:00am Aqua Power	
9:15am–10:00am Aqua Blue		9:15am–10:00am Aqua Blue	9:15am–11:00pm Open Swim	9:15am–10:00am Aqua Blue
10:15am–11:00am Aqua Green		10:15am–11:00am Aqua Green		10:15am–11:00am Aqua Green
11:15am–Noon Aqua Yellow		11:15am–Noon Aqua Yellow		11:15am–Noon Aqua Yellow
Noon–11:00pm Open Swim		Noon–11:00pm Open Swim		Noon–11:00pm Open Swim

AQUA BLUE: For participants who perform moderate to vigorous activity regularly. **AQUA GREEN:** For participants who lead an active lifestyle most of the time. **AQUA YELLOW:** For participants who need a gentle class due to mobility limitations. **AQUA POWER:** For participants looking for a higher energy class for strength and cardio exercise.

Fitness & Wellness Center Main Phone – 203.272.3547 x360 or in-house dial x4360

Tickets are still available for these Christmas shows!

Call the Box Office Today!

Help us support the arts at Elim Park. Become a Friend of Nelson Hall today and enjoy special perks!

Gospel Music Performances This Month

Salt & Pepper Gospel Choir

Tue, November 19 @1:00pm
Nelson Hall

Salt & Pepper Gospel Choir has been proclaimed, "Ambassadors of Gospel Music" by the Connecticut State Senate. They have won New Haven's best gospel choir award. The choir has performed on TV, radio and at acclaimed theatres, including The Apollo Theater. They have been written up in The New York Times and had a documentary film based off of the choir.



Sons of Allen Music Ministry


Sat, November 30 @2:00pm
Nelson Hall

The Sons of Allen Ministry, the official Men's Ministry of the African Methodist Episcopal Church fosters an atmosphere where men are inspired through worship, study and prayer to have fellowship and relationship with God and their fellowmen. The Sons of Allen will build men as providers and protectors for their families and their communities.



Based on the real people aboard the most legendary ship in the world, Titanic: the Musical is a stirring portrait of the passengers on board the "unsinkable ship" and the tragic disaster that followed. With music and lyrics by Maury Yeston and book by Peter Stone, the original Broadway production won five 1997 Tony Awards including Best Musical, Best Score, and Best Book. This production of Titanic: the Musical was filmed at the Princess of Wales Theatre.

Special Guest Appearance! Broadway Cast Member Kimberly Hestor-Tabor

	Fri • November 1	Sat • November 2	Birthday/Anniv
9:00am	Bus to Shop—Stop & Shop All Saints' Day Mass • NH		 Birthdays November 2 Susan Hunt Anniversaries November 1 Mary & Francis Walker
9:30am		All Souls' Day Mass • CH	
10:00am		Corn Hole • WC	
10:30am	Old Testament Study Group • RB3		
11:30am		Rosary • SA	
1:00pm	Wii Golf • AK1		
1:30pm	Knitting/Crocheting Group • AW		
2:00pm	Concert—Tony DeSare • NH		
3:00pm	Rosary • SA		
7:30pm	Concert—Tony DeSare • NH		

Did You Know?

TV dinners were inspired by Thanksgiving. In 1953, Swanson overestimated the number of turkeys Americans would eat for Thanksgiving by 26 tons. To avoid waste, a clever employee suggested packaging the surplus turkey with side dishes in aluminum trays, creating the first TV dinners.




	Sun • November 3	Mon • November 4	Tue • November 5	Wed • November 6	Thu • November 7	Fri • November 8	Sat • November 9		Birthday/Anniv
9:00am		Devotions • EPTV	Devotions • EPTV Bus to Shop—Big Y	Devotions • EPTV	Health & Wellness Fair • CN/VG Devotions • EPTV	Devotions • EPTV Bus to Shop—Stop & Shop/Library		9:00am	 <p>Birthdays</p> <p>November 3 Yvonne Thompson</p> <p>November 5 Fran Hofmeister</p> <p>November 6 Bob Knapp</p> <p>Anniversaries</p> <p>November 4 Ed & Ellie Kearney</p>
9:15am		Today at Elim • EPTV	Today at Elim • EPTV	Today at Elim • EPTV	Today at Elim • EPTV	Today at Elim • EPTV		9:15am	
9:30am				Bus to Shop—Banks & Pharmacies				9:30am	
10:00am			Brain Fitness • AW		Depart for Bishop's EPU: Billiards101 • Billiard Rm	EPU: Experiences of 9/11 • CH Arts & Crafts—R. McCahill • AW	Corn Hole • WC	10:00am	
10:30am	Worship • EPTV & NH				Handbell Choir • RB3	Old Testament Study Group • RB3		10:30am	
11:00am		Creative Coloring Group • AW Service of Remembrance • NH	EPU: World of Watercolor • EPTV	Prayer Meeting, w/Pastor Tim • SA	Memory Loss Presentation • NH			11:00am	
11:30am	Hymn Sing • SA			Cinema Group Meeting • NH				11:30pm	
11:35am	RC Comm—11:35am • RCH /11:45am • HCC/11:55am • BV1							11:35am	
12:00pm			Elim Park Players Meeting • NH					12:00pm	
12:30pm	Great Courses • NH					Movie—Freud's Last Session (1:48) • NH		12:30pm	
1:00pm	Mexican Dominoes • BV1	Lecture: Seeds • NH Mahjong • MV2	Wii Bowling • CH Open Bridge • SM1	Open Paint Studio • AW Curtains UP! Theatre • EPTV Open Bridge • SM1	Elim Park Players—Dress for Celebrating Comedy • NH	Wii Golf • AK1	Crafts—J. Castner • AW	1:00pm	
1:30pm		EPU: Exploring Watercolor • AW Whist • AK3	EPU: Beginning Knitting • SM3 Whist • AK3			Knitting/Crocheting Group • AW		1:30pm	
2:00pm			Peaceful Painting—K. Trapp • AW	Family Support Group • MV3E 10M Knowledge • EPTV		First Friday RC Mass • HCC		2:00pm	
2:30pm		EPU: Ancient Mythology • NH		Tech Help • VG				2:30pm	
3:00pm	EPU: 30 Years as a CNA • NH Hymn Sing • SA		Golf with Jenn • CH	Great Courses • NH		Rosary • SA		3:00pm	
4:30pm					4:30pm—6:30pm Gazebo Musician—Christopher Payne			4:30pm	
6:30pm				Healing Prayer • SA EPU: 7 Revelation Churches • NH	Titanic: the Musical (2:25) • NH		Movie—Hope Springs (1:40) • NH	6:30pm	
7:15pm		Bingo • Bistro						7:15pm	
7:30pm		Bible Study, Pastor Wayne • RB3				Live Theatre —WISP Production • NH		7:30pm	

Wagner Iovanna Studio Productions (WISP) Presents

A Funny Thing Happened on the Way to the Audition

Fri, Nov 8
@7:30pm
in Nelson Hall
Tickets \$15




	Sun • November 10	★ Veteran's Day ★	Tue • November 12	Wed • November 13	Thu • November 14	Fri • November 15	Sat • November 16		Birthday/Anniv
9:00am		Devotions • EPTV	Devotions • EPTV Bus to Shop—Big Y	Devotions • EPTV	Depart for Peabody Museum Devotions • EPTV	Devotions • EPTV Bus to Shop—Stop & Shop		9:00am	 <p>Birthdays</p> <p>November 11 Gail Collins</p> <p>November 12 Sarah Uylaky Debbie Rowe</p> <p>November 13 Judy Detzler-Grabar</p> <p>November 14 Lowell Peck</p> <p>November 16 Donna Ives</p> <p>Anniversaries</p> <p>November 11 Ken & Gerry Milhous</p>
9:15am		Today at Elim • EPTV	Today at Elim • EPTV	Today at Elim • EPTV	Today at Elim • EPTV	Today at Elim • EPTV		9:15am	
9:30am				Bus to Shop—Wallingford Walmart				9:30am	
10:00am			Bea Smith Clothing • VG Brain Fitness • AW		EPU: Billiards101 • Billiard Rm	Crafts—R. McCahill • AW	Corn Hole • WC	10:00am	
10:30am	Worship • EPTV & NH				Handbell Choir • RB3			10:30am	
11:00am		Creative Coloring Group • AW Men's Group w/Pastor Tim • SA	EPU: World of Watercolor • EPTV	Prayer Meeting w/Pastor Tim • SA				11:00am	
11:35am	RC Comm—11:35am • RCH /11:45am • HCC/11:55am • BV1							11:35pm	
12:30pm	Great Courses • NH				Movie—Guess Who's Coming to Dinner (1:48) • NH			12:30pm	
1:00pm	Mexican Dominoes • BV1	Veteran's Day Observance • NH Mahjong • MV2	Wii Bowling • CH Open Bridge • SM1	Open Paint Studio • AW Curtains UP! Theatre • EPTV Open Bridge • SM1		Wii Golf • AK1	Watercolor —J. Castner • AW	1:00pm	
1:30pm		EPU: Exploring Watercolor • AW Whist • AK3	EPU: Beginning Knitting • AW Whist • AK3			Knitting/Crocheting Group • AW		1:30pm	
2:00pm			Peaceful Painting—K. Trapp • AW	10M Knowledge • EPTV		Concert—Whitney Houston • NH		2:00pm	
2:30pm	EPU: Tragic President • NH	Elim Park Players—Dress for Celebrating Comedy • NH		Tech Help • VG				2:30pm	
3:00pm	Grandparents Day of Prayer • CH		Golf with Jenn • CH	Great Courses • NH	Res/Pres Meeting • EPTV & NH	Rosary • SA		3:00pm	
4:30pm					4:30pm—6:30pm Gazebo Musicians—Bennett Sisters			4:30pm	
6:30pm				EPU: 7 Revelation Churches • NH				6:30pm	
7:15pm		Bingo • Bistro						7:15pm	
7:30pm		Bible Study, Pastor Wayne • RB3				Concert—Whitney Houston • NH		7:30pm	




**The newest
members of our
Elim Park family!**

John & Holly Crowell
Apt. 6113

Barbara Welker Griggs
Apt. 7302


	Sun • November 17	Mon • November 18	Tue • November 19	Wed • November 20	Thu • November 21	Fri • November 22	Sat • November 23		Birthday/Anniv
9:00am		Devotions • EPTV	Devotions • EPTV Bus to Shop—Big Y	Devotions • EPTV	Devotions • EPTV	Devotions • EPTV Bus to Shop—Stop & Shop/Library		9:00am	 <p>Birthdays</p> <p>November 17 Gary Potter</p> <p>November 20 Guongyue King</p> <p>November 21 Carol Boucher</p> <p>November 22 Mary Mayo</p> <p>November 23 Miriam Tierney Paul Hubley</p>
9:15am		Today at Elim • EPTV	Today at Elim • EPTV	Today at Elim • EPTV	<i>Depart for Old Lyme</i> Today at Elim • EPTV	Today at Elim • EPTV		9:15am	
9:30am				Bus to Shop—Townline Sq, Meriden				9:30am	
10:00am		St Bridget's RC Mass • NH	Brain Fitness • AW		EPU: Billiards 101 • Billiard Rm Trinity Episcopal Service • SA	Trusts/Long Term Planning • CH Arts & Crafts— <i>R. McCahill</i> • AW	Rock Painting— <i>Pat & Elaine</i> • AW Corn Hole • WC	10:00am	
10:30am	Worship • EPTV & NH				Handbell Choir • RB3			10:30am	
11:00am		Creative Coloring Group • AW Men's Group w/Pastor Tim • SA	EPU: World of Watercolor • EPTV	Prayer Meeting, w/Pastor Tim • SA		Good Morning Elim! • NH		11:00am	
11:30am			Special Men's Luncheon • CN					11:30am	
12:00pm			Elim Park Players Meeting • NH					12:00pm	
12:30pm	Great Courses • NH							12:30pm	
1:00pm	Mexican Dominoes • BV1	Lecture: <i>Vote of Her Own</i> • NH Mahjong • MV2	Free Concert— <i>Salt & Pepper Gospel Choir</i> • NH Wii Bowling • CH Open Bridge • SM1	Open Paint Studio • AW Curtains UP! Theatre • EPTV Open Bridge • SM1		Wii Golf • AK1	Crafts— <i>J. Castner</i> • AW	1:00pm	
1:30pm		EPU: Exploring Watercolor • AW Whist • AK3	EPU: Beginning Knitting • SM3 Whist • AK3			Knitting/Crocheting Group • AW		1:30pm	
2:00pm			Peaceful Painting— <i>K. Trapp</i> • AW	Family Support Group • MV3E 10M Knowledge • EPTV	Celebrating Comedy • NH Peaceful Painting— <i>K. Trapp</i> • AW			2:00pm	
2:30pm		EPU: Ancient Mythology • NH		Tech Help • VG				2:30pm	
3:00pm	Roman Catholic Mass • NH Hymn Sing • SA		Golf with Jenn • CH	Great Courses • NH	Healing Service • SA	Rosary • SA		3:00pm	
4:30pm					4:30pm–6:30pm Gazebo Musician— <i>Don Pierson</i>			4:30pm	
6:30pm			Movie— <i>Secondhand Lions</i> (1:49) • NH	EPU: 7 Revelation Churches • NH			Movie— <i>You Hurt My Feelings</i> (1:33) • NH	6:30pm	
7:15pm		Bingo • Bistro						7:15pm	
7:30pm		Bible Study, Pastor Wayne • RB3						7:30pm	





Good Morning Elim!
Fri, Nov 22 @ 11:00am
Nelson Hall

Join us as we discuss Seasonal Affective Disorder.

As a special holiday bonus, we will have a cooking segment with Thanksgiving leftovers as well as our very own Elim Park dog show with Cheryl Sheehan as a guest judge!



	Sun • November 24	Mon • November 25	Tue • November 26	Wed • November 27	Thu • November 28	Fri • November 29	Sat • November 30		Birthday/Anniv	
9:00am		Devotions • EPTV	Devotions • EPTV Bus to Shop—Big Y	Devotions • EPTV	 <p style="text-align: center; color: yellow; font-weight: bold; font-size: 2em;">H A P P Y T H A N K S G I V I N G !</p>	Devotions • EPTV Bus to Shop—Stop & Shop		9:00am	 <p>Birthdays <i>November 24</i> Rose Geary <i>November 26</i> Mary Kay Griffin <i>November 29</i> Anna Miele</p>	
9:15am		Today at Elim • EPTV	Today at Elim • EPTV	Today at Elim • EPTV		Today at Elim • EPTV				9:15am
9:30am				Bus to Shop—N Haven Crossing						9:30am
10:00am			EPU: Pottery Glazing • AW Brain Fitness • AW	Thanksgiving Trivia • CH				Corn Hole • WC		10:00am
10:30am	Worship • EPTV & NH									10:30am
11:00am		Creative Coloring Group • AW Men's Group w/Pastor Tim • SA	EPU: World of Watercolor • EPTV	Prayer Meeting, w/Pastor Tim • SA						11:00am
11:35am	RC Comm—11:35am • RCH /11:45am • HCC/11:55am • BV1									11:35am
12:00pm		Webb, The Therapy Dog • Gazebo	Elim Park Players Meeting • NH							12:00pm
12:30pm	Great Courses • NH									12:30pm
1:00pm	Mexican Dominoes • BV1	Mahjong • MV2	Wii Bowling • CH Open Bridge • SM1	Open Paint Studio • AW Curtains UP! Theatre • EPTV Open Bridge • SM1			Wii Golf • AK1	Watercolor Wonders —J. Castner • AW		1:00pm
1:30pm		EPU: Exploring Watercolor • AW Whist • AK3	EPU: Beginning Knitting • SM3 Whist • AK3				Knitting/Crocheting Group • AW			1:30pm
2:00pm				10M Knowledge • EPTV				Free Concert—Sons of Allen Ministry • NH		2:00pm
2:30pm				Tech Help • VG				2:30pm		
3:00pm	Hymn Sing • SA		Golf with Jenn • CH	Great Courses • NH		Rosary • SA		3:00pm		
6:30pm			Movie—Foxcatcher (2:14) • NH			Canasta • MV		6:30pm		
7:15pm		Bingo • Bistro						7:15pm		
7:30pm		Bible Study, Pastor Wayne • RB3						7:30pm		

Elim Park Players Presents: Celebrating Comedy!
Thu, Nov 21 @2:00pm Nelson Hall
Come join us as we pay tribute to the great comedians of the past. In what we hope to be a series, this installment will include the classic comedy of Bob Hope, Jack Benny, Milton Berle, Myron Cohen, Jonathan Winters and Cid Ceaser.





New Visuals Coming to Our Community Vehicles

We're excited to share some great news! In the coming weeks, our community vehicles will feature a vibrant new look. These custom-designed wraps will beautifully represent the unique lifestyle at Elim Park. With bright colors and images that showcase our one-of-a-kind amenities and activities, our vehicles will become a moving reflection of what makes our campus truly special.

The big bus will be the first to get its new wrap, and we can't wait for you to see the transformation!

Thank you for being part of what makes our community so extraordinary!



That's a Wrap!



Give Thanks, Give Back: Support Elim Park's Employee Scholarship Fund

Thanksgiving is a season of gratitude and reflection, making it the perfect time to recognize the hard work and dedication of the staff at Elim Park. One impactful way to show our appreciation is by supporting the Employee Scholarship Fund. Each year in October, the Scholarship Committee of the Resident Council launches an appeal to grow the fund, and this is where you can make a difference. Your generous donation will help us reach our goal and make a lasting, positive impact on the lives of our staff. Together, we can show our gratitude in a meaningful way.

How to Donate?

Checks should be payable to the "Connecticut Community Foundation" with "Elim Park" in the memo line.

Please deposit your check in the box near the Village Green reception desk.

The scholarship fund is administered by the Connecticut Community Foundation.

Questions? Contact Bert Beauchemin Apt #6201 • 203.699.5400.



Cheshire Health & Wellness Fair

November 7 • 9:00am–12:00pm • Village Green and the Conservatory

✓ Discover local resources ✓ Receive free health screenings ✓ Learn about memory health



Special Guest Presentation • 11:00am • Nelson Hall
Exploring Normal vs. Concerning Memory Loss
Mary Underwood, dementia specialist

Mary Underwood, a social worker with over 35 years in memory care, has worked in Assisted Living, Adult Day, Home Care, and Skilled Nursing. After her father's dementia diagnosis in 2015, she became even more committed to improving the quality of life for those affected by this disease.

Don't miss this opportunity to improve your health and well-being!





Arts



Pottery Glazing

Instructor: Claudine Smith

ArtWorks, Pottery Studio

Tuesdays, 10:00am – 11:30am

11/26



Beginning Knitting

Instructor: Fran Hofmeister

Spring Meadow 3rd Floor Sunroom

Tuesdays, 1:30pm – 2:30pm

11/5, 11/12, 11/19, 11/26



Exploring Basic Watercolor Ideas

Instructor: Lora-Lee Bell

ArtWorks, Painting Studio

Monday, 1:30pm – 3:00pm

11/4, 11/11, 11/18, 11/25

Faith



Seven Churches of Western Turkey Mentioned in Revelation

Instructor: Clay Norman

Nelson Hall

Wednesday, 6:30pm – 7:30pm

11/6, 11/13, 11/20

History



The Tragic President

Instructor: Barry Tomlinson

Nelson Hall

Sunday, 2:30pm – 3:30pm

11/10



Ancient Greek, Roman & Egyptian Mythology

Instructor: Arianne de Asis

Nelson Hall

Monday, 2:30pm – 3:30pm

11/4, 11/18



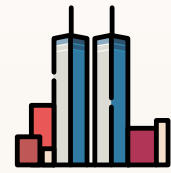
History Revisited: Life Lessons I Have Learned in 30 Years as a CNA

Instructor: Kim Parker

Nelson Hall

Sunday, 3:00pm – 4:30pm

11/3



Sharing Personal Experiences from The Cuban Missile Crisis and 9/11

Instructor: Julia Bleau

Club House

Friday, 10:00am – 11:30am

11/8



Special Interests

Billiards 101

Instructor: Larry Trudell & Peter Smith

Billiard Room

Thursday, 10:00am – 11:00am

11/7, 11/14, 11/21



Recycle Tip of the Month

Paper cups CANNOT be recycled. Dispose of them in the trash.



Paper cups are designed to hold hot and cold liquids without absorbing the liquid, leaking, or falling apart. Most paper cups (bowls, plates, take-out containers, etc.) are “waterproofed” with wax or a plastic coating. The waterproof liner cannot be separated from the paper which makes it impossible to recycle.

Paper towels, napkins, Kleenex, etc. CANNOT be recycled. Dispose of them in the trash.

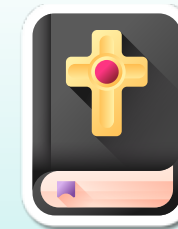
These products are treated with additives (glues & resins) to give them strength, texture, and to increase absorption. They may also contain inks or bleach. The additives make these paper products impossible to recycle.



Refer to the following resources for recycling information:

- Elim Park recycling magnet
- Wall posters in the trash rooms
- RecycleCT Wizard website at www.RecycleCT.com

When in doubt throw it out!



Christian Ministries

Worship

• Sun @10:30am – EPTV 125 & NH

• Sun @10:30am • Nov 24, Thanksgiving Service with the Bennetts – NH

Bible Studies

• Mon @11:00am, Men's Growth Group w/Pr Tim – SA

• Mon @7:30pm, Pastor Wayne – RB3

Events

• Wed @11:00am • Prayer meeting with Pastor Tim – SA

• Sun @3:00pm • Nov 3, 17, & 24, Hymn Sing – SA

• Wed, Nov 6 @6:30pm • Healing prayer – SA

• Sun, Nov 10 @3:00pm • Grandparents Day of Prayer – CH

• Tue, Nov 19 @11:30am • Special Men's Luncheon, with speaker Pastor Glenn – CN

• Thu, Nov 21 @3:00pm • Healing Service with Ray Pendleton • SA

Special Events

• Mon, Nov 4 @11:00am • Service of Remembrance – NH

• Mon, Nov 11 @1:00pm • Veteran's Day Observance with the Bennetts – NH

Chaplains (For Emergencies)
203.525.8752 or x4147

Please use this number for patients, family, residents, or anyone who is in need of talking to a Chaplain.



We hope you are enjoying EPU's Autumn 2024 Semester. Help us keep this program going and join us as a presenter to share your life experience, hobby, or skill.

We Live to Learn at Elim Park—and we need YOU!

For more information, please contact Julia Bleau, Arts & Leisure Coordinator at ext. 4163.

The Use of Trusts in Long-Term Care Planning

Presented by
Attorneys from the Law Office of
Julia M. Brown, LLC

Fri, Nov 22 @10:00am
The Club House



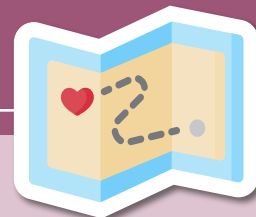
Elim Park Turkey Trot
Mon 11/25 – Wed 11/27

Take a trot around Elim and search for all 12 turkeys. Collect all 12 and bring them to the Wellness Center by 11/27 @3:00pm for a prize!

Questions? See Justin or Heather in the Wellness Center x4371



November Trips



Bishop's Orchards Farm Store, Guilford, CT

Thur, November 7

Depart: 10:00am – Return: 12:30pm

As soon as you step through the door of our farm store, you'll be enticed by the aroma of fresh-baked products, fresh pies, cider donuts, muffins, cookies, breads and more. Ready to go meals, entrees and holiday gifts available.

Stock up on your holiday gifts & goodies!



Peabody Museum, New Haven, CT

Thur, November 14

Depart: 9:00am • Return: 12:30pm

The Peabody Museum has been part of Yale and New Haven for more than 150 years. In the 19th century it was the science start-up of its day.

The museum recently completed a major renovation that will reinvent the Peabody for the 21st century and beyond, further establishing the museum as a home for cutting edge research, extraordinary education, and breath-taking exhibitions.

We invite you to explore and experience this incredible transformation.



Bowerbird Gift Shop/Old Lyme Inn, Old Lyme, CT

Thur, November 21

Depart: 9:15am – Return: 3:00pm

The Bowerbird has 4,500 sq. ft. & over 2,000 vendors, decorative home & garden accessories, toys, baby gifts, jewelry, gourmet food, and more!

Come enjoy a delicious lunch at The Old Lyme 1865, which was a 300-acre-estate with a working farm. It once housed a riding academy, where Jacqueline Kennedy Onassis reportedly took lessons. At the turn of the century, many of Old Lyme's famous impressionist artists hauled their painting wagons into the beautiful fields and Connecticut woodlands behind the Inn.

November Lectures



Seeds

White Memorial Conservation Center

Mon, November 4

1:00pm • Nelson Hall

Seeds are basically baby plants and trees wrapped in really cool packages! Through the use of lots of sample seeds and engaging activities, we will discuss how seeds develop into plants, the variety of shapes and sizes that seeds are "packaged" in, and how they are dispersed.

Presenter: *Carrie Szwed, Director of Education*



A Vote of Her Own: The Fight For Women's Suffrage in Connecticut

Connecticut Historical Society

Mon, November 18

1:00pm • Nelson Hall

How did the women of CT work for—or against—the right to vote? In this program, you'll learn about suffragists like Katharine Houghton Hepburn, Mary Townsend Seymour, and Isabella Beecher Hooker, as well as some CT women who fought tooth-and-nail against women getting the vote (what was up with them?)

Coming in December



TRIPS

December 3

Lyman Homestead House Christmas Lunch

December 5 & 12

Legacy Theatre: The Christmas Carol



December 9

Ronald McDonald's Trees of Hope

ArtWorks Workshops



Mondays @11:00am

Creative Coloring Group – *J. Bleau*

Wednesdays @1:00pm

Open Paint Studio – *D. Dupont*

Fridays @1:30pm

Knitting & Crocheting Group

Tues, November 5 @ 2:00pm

Peaceful Painting – *K.Trapp*

Fri, November 8 @10:00am

Arts & Crafts – *R.McCahill*

Sat, November 9 @1:00pm

Crafts – *J.Castner*

Tues, November 12 @2:00pm

Peaceful Painting – *K.Trapp*

Sat, November 16 @1:00pm

Watercolors – *J.Castner*

Tues, November 19 @2:00pm

Peaceful Painting – *K.Trapp*

Fri, November 22 @10:00am

Arts & Crafts – *R.McCahill*

Sat, November 23 @10:00am

Rock Paintings – *Pat & Elaine*

**Questions about trips and lectures?
Call Sharon at x4143**

**Questions about art workshops?
Call Julia at x4163**



THE
GREAT COURSES[®]
formerly Study Session

America's Great Trails
Presented by Michael Davie, Emmy award-winning filmmaker of Red Rock Films.

11/3 @12:30pm & 11/6 @3:00pm

Appalachian Trail

Music as a Mirror of History
Discover the fascinating ways in which great works of music have interacted with historical events, in this eye-opening course taught by a celebrated composer and music historian.

11/10 @12:30pm & 11/13 @3:00pm

Gottschalk: The Union (1862)

11/17 @12:30pm & 11/20 @3:00pm

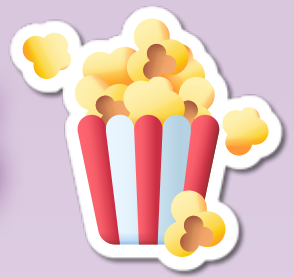
Verdi: Nabucco (1842)

11/24 @12:30pm & 11/27 @3:00pm

Wagner: The Ring (1846)



NOVEMBER MOVIES



FRI 11/8 • 12:30pm **Freud's Last Session**

Freud invites iconic author C.S. Lewis to debate the existence of God. And his unique relationship with his daughter, and Lewis' unconventional relationship with his best friend's mother. (2023) PG-13 • 1h 48m



SAT 11/9 • 6:30pm **Hope Springs**

After thirty years of marriage, a middle-aged couple attends an intense, week-long counseling session to work on their relationship. (2012) PG-13 • 1h 40m.



THU 11/14 • 12:30pm **Guess Who's Coming to Dinner**

A couple's attitudes are challenged when their daughter introduces them to her African-American fiancé. (1967) NR • 1h 48m



TUE 11/19 • 6:30pm **Secondhand Lions**

This comedic and touching family film follows the adventures of a shy young boy who is sent to spend the summer with his eccentric uncles. At first shocked by his uncles' unconventional behavior, the boy becomes enthralled with

unraveling the mystery that has followed the uncles for years. Hearing tales of their adventures not only brings him closer to his uncles but also teaches him what it means to believe in something...whether it's true or not. (2003) PG • 1h 49m



SAT 11/23 • 6:30pm **You Hurt My Feelings**

A novelist's longstanding marriage is suddenly upended when she overhears her husband giving his honest reaction to her latest book. (2023) R • 1h 33m



TUE 11/26 • 6:30pm **Foxcatcher**

U.S. Olympic wrestling champions and brothers Mark Schultz and Dave Schultz join "Team Foxcatcher", led by eccentric multi-millionaire John du Pont, as they train for the 1988 Olympic Games in Seoul, South Korea, but John's self-

destructive behavior threatens to consume them all. (2014) R • 2h 14m



Disclaimer: The views, actions, and opinions expressed in these films do not necessarily reflect the position, views, or mission of Elim Park.