PARK PLACE
A SENIOR LIVING COMMUNITY

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Hendersonville, TN 37075
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A Place To Call Home

Find us on

Your Friendly Team

General Manager
Tanesha Harris
Business Office
Tiffany Delay
Resident Care
M.K. Reels, LPN
Maintenance
Chip McKenney
Sales
Patrice Wilford
Dining Services
Rinesa Harrison
Activities
Amy Burdick
Wellness
Cheri Strachan





Congratulations, Teresa!
We're thrilled to celebrate Teresa for receiving the BrightSpace Senior Living "Shining Star" award for her outstanding dedication to our residents.

Attitude of Gratitude

"Be present in all things and thankful for all things."
—Maya Angelou

Let Go and Grow

"Autumn teaches us the beauty of letting go. Growth requires release—it's what the trees do." —Ka'ala



Close Call

Q. What do you call a turkey on the day after Thanksgiving?
A. Lucky.

NOVEMBER BIRTHDAYS

RESIDENTS
9 - LUCY BATTON
26 - JO HARPER
STAFF
22 - SALLY McCLOUD
24 - RINESA HARRISON

In a Nutshell

Tip your cap to acorns, the famous fall nuts that are the fruit of oak trees. The little hat worn by each acorn is called a cupule, and it helps protect the seed as it grows. Depending on the type of oak, an acorn's cap may be smooth, scaly or hairy. When separated from the nut, the caps can still find a purpose as décor, a spinning top for a child and even a whistle!

Charity Accountability

Before donating during this season of giving, try an online charity rating system, which measures individual charity effectiveness. According to the Better Business Bureau Wise Giving Alliance, charitable commitments — the percent of a charity's total expense that goes directly to its charitable purpose — should be 65% or higher.

Unwinding With a Weighted Blanket

Weighted blankets use deep pressure stimulation to encourage the whole body to relax. Experts recommend blankets that weigh about 10% of the user's body weight and checking with individual health care providers first.

Dates to Save This Season

Here are just a few of the season's days to gather, show gratitude and give back:

- **Thanksgiving**, Nov. 26
- **Small Business Saturday**, Nov. 28
- **Giving Tuesday**, Dec. 1

November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C)** 11:00 MUSIC WITH LETA (4) 2:00 1st BAPTIST VIDEO (DR2) 6:30 HAND AND FOOT (4)	2 10:00 LET'S GET MOVING (DR1) **10:45 GIVE THANKS TREE** 1:30 BINGO MANIA / PRIZES (A) **2:00 MOVIE MATINEE (DR2)** 6:30 HAND & FOOT (4)	**NATIONAL SANDWICH DAY** 3 10:00 BRIDGE (4) 10:30 POPCORN (L) 10:45 UNO (DR2) 1:00 BOCCE BALL (AC) **1:00 WALMART SHOPPING (Sign Up)** **2:00 BALANCE CLASS (A)** 6:30 LEFT, RIGHT, CENTER (A)	**NATIONAL CANDY DAY** 4 10:00 MOVEMENT AND MOTION (DR1) **10:45 CANDY SCRAMBLE (DR2)** 1:00 CORNHOLE CHALLENGE (GN) **2:00 FLOWER ARRANGING (Sign Up) (A)** 3:30 CATHOLIC COMMUNION (C) 3:30 MUSIC WITH LETA (4) 6:30 MOVIE NIGHT (DR2) 6:30 ROOK (4)	**NATIONAL DONUT DAY** 5 10:30 BIBLE STUDY (A) 10:30 POPCORN (L) **10:45 DONUTS & DOMINOES (GN)** 1:00 CROSSWORD CHALLENGE (A) **1:00 OLLIE'S SHOPPING (Sign Up)** 1:15 POKER GAME (GN) **2:30 MUSICAL GUEST - DON WYLIE (DR1)** 6:30 HAND AND FOOT (4)	**NATIONAL NACHOS DAY** 6 10:00 MOVE IT OR LOSE IT (DR1) **10:45 CHEESE TRIVIA (L)** **11:00 LUNCH BUNCH (Sign Up)** 1:30 BINGO BONANZA (A) **2:30 NOVEMBER JEOPARDY (A)** 3:00 MUSIC WITH LETA (GN) 6:30 MOVIE NIGHT (DR2)	7 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:45 BIBLE STUDY WITH LANCE THOMPSON (C) **2:00 FALL HOLIDAY MARKET (G)** 6:30 HAND AND FOOT (4)
8 **10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C)** 11:00 MUSIC WITH LETA (4) 2:00 1st BAPTIST VIDEO (DR2) 6:30 HAND AND FOOT (4)	**NATIONAL VANILLA CUPCAKE DAY** 9 10:00 LET'S GET MOVING (DR1) **10:45 CUPCAKE DECORATING (A)** 1:30 BINGO MANIA / PRIZES (A) **3:00 EXERCISE CLASS WITH TOTAL WELLNESS THERAPY, ZACK BENTLEY, OT (GN)** **3:15 CELL PHONE ASSISTANCE CLASS (A)** 6:30 HAND & FOOT (4)	10 10:00 BRIDGE (4) 10:30 POPCORN (L) 10:45 UNO (DR2) 1:00 BOCCE BALL (AC) **2:30 DENNIS RADER MUSICAL REVIEW (DR1)** 6:30 LEFT, RIGHT, CENTER (A)	**VETERANS DAY** 11 10:00 MOVEMENT AND MOTION (DR1) **10:45 VETERANS PROGRAM WITH PATRIOT ANGELS** 1:00 CORNHOLE CHALLENGE (GN) **2:30 JAMMIN' DOWN WITH RAY (DR1)** 3:30 CATHOLIC COMMUNION (C) 3:30 MUSIC WITH LETA (4) 6:30 MOVIE NIGHT (DR2) 6:30 ROOK (4)	**NATIONAL CHICKEN SOUP DAY** 12 10:30 BIBLE STUDY (A) 10:30 POPCORN (L) **11:30 BIRTHDAY STEAK AND CAKE (DR1)** 1:00 CROSSWORD CHALLENGE (A) **1:00 SCENIC DRIVE (Sign Up)** 1:15 POKER GAME (GN) 2:00 CHAIR DANCE (A)	**NATIONAL KINDNESS DAY** 13 10:00 MOVE IT OR LOSE IT (DR1) **10:45 HOT CHOCOLATE SOCIAL (DR1)** 1:30 BINGO BONANZA (A) **2:30 BOCCE BALL (AC)** 3:00 MUSIC WITH LETA (GN) 6:30 HAND AND FOOT (4) 6:30 MOVIE NIGHT (DR2)	14 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:45 BIBLE STUDY WITH LANCE THOMPSON (C) 6:30 HAND AND FOOT (4) **6:30 MUSICAL MEMORIES with RAY (DR1)**
NATIONAL RECYCLING DAY 15 **10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C)** 11:00 MUSIC WITH LETA (4) 2:00 1st BAPTIST VIDEO (DR2) 6:30 HAND AND FOOT (4)	16 10:00 LET'S GET MOVING (DR1) **10:45 CRANBERRY MOCKTAIL SOCIAL (DR1)** 1:30 BINGO MANIA / PRIZES (A) **2:00 SEATED KICKBALL (DR1)** 6:30 HAND & FOOT (4)	**FLANNEL SHIRT DAY** 17 10:00 BRIDGE (4) 10:30 POPCORN (L) 10:45 UNO (DR2) 1:00 BOCCE BALL (AC) 2:00 BALANCE CLASS (A) **2:30 RESIDENT MEETING (A)** 6:30 LEFT, RIGHT, CENTER (A)	18 10:00 MOVEMENT AND MOTION (DR1) **10:45 MEET & GREET (A)** 1:00 CORNHOLE CHALLENGE (GN) **2:00 FOOD DEMO (DR1)** 3:30 CATHOLIC COMMUNION (C) 3:30 MUSIC WITH LETA (4) 6:30 MOVIE NIGHT (DR2) 6:30 ROOK (4)	**NATIONAL PLAY MONOPOLY DAY** 19 **10:00 ALDI SHOPPING (Sign Up)** 10:30 BIBLE STUDY (A) 10:30 POPCORN (L) **12:00 FAMILY THANKSGIVING LUNCH (DR1)** 1:00 CROSSWORD CHALLENGE (A) 1:15 POKER GAME (GN) 2:00 BOCCE BALL (AC) 6:30 HAND AND FOOT (4)	20 10:00 MOVE IT OR LOSE IT (DR1) **10:45 THANKSGIVING FEAST TRIVIA (L)** **1:00 SCENIC DRIVE (Sign Up)** 1:30 BINGO BONANZA (A) 3:00 MUSIC WITH LETA (GN) 6:30 MOVIE NIGHT (DR2)	21 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:45 BIBLE STUDY WITH LANCE THOMPSON (C) 6:30 HAND AND FOOT (4)
22 **10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C)** 11:00 MUSIC WITH LETA (4) 2:00 1st BAPTIST VIDEO (DR2) **2:00 COOKIE SWAP HOSTED BY 1ST BAPTIST CHURCH** 6:30 HAND AND FOOT (4)	**NATIONAL CASHEW DAY** 23 10:00 LET'S GET MOVING (DR1) **10:45 GIVING THANKS CARDS** 1:30 BINGO MANIA / PRIZES (A) **3:00 EXERCISE CLASS WITH TOTAL WELLNESS THERAPY ZACK BENTLEY, OT (GN)** 3:15 CELL PHONE ASSISTANCE CLASS (A) 6:30 HAND & FOOT (4)	24 10:00 BRIDGE (4) 10:30 POPCORN (L) 10:45 UNO (DR2) **11:00 LUNCH BUNCH (Sign Up)** 1:00 BOCCE BALL (AC) 2:30 CHAIR DANCE (A) **3:30 PUMPKIN ART (Sign Up) (A)** 6:30 LEFT, RIGHT, CENTER (A)	**NATIONAL JUKEBOX DAY** 25 10:00 MOVEMENT AND MOTION (DR1) **10:45 ROOT BEER FLOATS (DR2)** 1:00 CORNHOLE CHALLENGE (GN) **2:00 TOWN HALL MEETING (DR)** 3:00 WINE DOWN WEDNESDAY (DR) 3:30 CATHOLIC COMMUNION (C) 3:30 MUSIC WITH LETA (4) 6:30 MOVIE NIGHT (DR2) 6:30 ROOK (4)	**HAPPY THANKSGIVING** 26 1:15 POKER GAME (GN) **2:00 MOVIE MATINEE (DR2)** 6:30 HAND AND FOOT (4)	27 10:00 MOVE IT OR LOSE IT (DR1) **10:45 CROSSWORD CHALLENGE (L)** 1:30 BINGO BONANZA (A) 3:00 MUSIC WITH LETA (GN) 6:30 HAND AND FOOT (4) 6:30 MOVIE NIGHT (DR2)	**GOOD NEIGHBOR DAY** 28 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:45 BIBLE STUDY WITH LANCE THOMPSON (C) 6:30 HAND AND FOOT (4) **6:30 MUSICAL MEMORIES WITH RAY (DR1)**
29 **10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C)** 11:00 MUSIC WITH LETA (4) 2:00 1st BAPTIST VIDEO (DR2) 6:30 HAND AND FOOT (4)	30 10:00 LET'S GET MOVING (DR1) **10:45 YAHTZEE (GN)** 1:30 BINGO MANIA / PRIZES (A) **2:00 JOYFUL SOUNDS CHOIR (DR1)** 6:30 HAND & FOOT (4)				**LOCATION OF ACTIVITIES** (A) ACTIVITY ROOM (AC) ACTIVITY COVE (C) CHAPEL (DR1) DINING ROOM 1 (DR2) DINING ROOM 2 (G) GARDEN (GN) GAME NOOK (L) FRONT LOBBY (4) 4TH FLOOR GAME ROOM	

Figure of Speech

Phrase: New York minute

Meaning: A very brief span of time.

Origin: "New York minute" referred to the fast pace of living in New York City. A Kansas newspaper recorded one of the earliest instances of the phrase in a late 1800s article decrying fast driving, and the phrase gained traction in the mid-20th century.



Stop Spam Texts in Their Tracks

Americans receive billions of spam texts a year. If you receive an unsolicited text urging you to click on a link, reveal personal information to avoid a penalty, or claim a major prize or monetary gift you haven't pursued, there's a good chance it's a spam text. If you receive a suspicious message, don't reply or click on any links. Instead, forward the message to 7726 (SPAM), which refers the text to the proper authorities to investigate.

100 Festive Marches

While Macy's Thanksgiving Day Parade started 102 years ago, due to its hiatus during World War II, this year is the 100th actual parade. To celebrate, the store invited patrons to customize confetti that will be used in the parade. The 2026 event will be broadcast on NBC and Peacock, starting at 8:30 a.m. EST on Nov. 26.



Autumn Journal Prompts

Slow down this season with three autumn journal prompts to reflect on past, present and future:

1. What autumn rituals and memories have brought me comfort through the years?
2. Who in my current season of life has brought me joy? How can I let them know?
3. What am I most looking forward to about the holiday season and coming winter?

Virtual Volunteering

Volunteers help both themselves and others when they give back. Studies show that folks who donate their time serving others are more likely to feel optimistic and purposeful, as well as have an overall reduced risk of mortality. To volunteer virtually, consider opportunities like card- or letter-writing programs, sewing or crocheting blankets for children in need or digitizing books and historical records. Simply search online for specific opportunities.

National Diabetes Month

November is National Diabetes Month, and doctors say that in addition to eating a balanced diet and exercising regularly, getting enough sleep and managing stress are key factors in controlling blood sugar levels.

Native American Heritage Month

Native American Heritage Month, a federal observance marked every November, honors the historical contributions and the current priorities of Native Americans, including the 575 federally recognized tribes in the United States.



Virtual Visits: National WWI Museum and Memorial

On Nov. 11, 1926, President Calvin Coolidge dedicated the Liberty Memorial in Kansas City, Mo., a 217-foot tower honoring World War I veterans. In the year after World War I ended, more than $2.5 million was raised in 10 days to create the monument — more than $40 million by today's standards. Today, the National WWI Museum and Memorial still offers the most comprehensive collection of World War I artifacts and educational exhibits in the world.



Talk About It: Holiday Meals

Share this conversation starter with a friend, loved one or neighbor: What is the most memorable holiday meal you've ever had? What makes it stand out today?

Illustratus
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