Evergreen Court

900 124th Avenue NE • Bellevue, WA 98005 • 425-455-4333

Department Directors

Executive Director ..... James Kamau
Business Office Manager ..... Jessica Nichols
Community Relations Director ..... Mary Blakey
Resident Care Director ..... Amanda Sundah
Food Services Director ..... Brad Powell
Activity Director ..... Apphia Humphrey
Maintenance Director ..... Tym Swain

Important Phone Numbers

Hairdresser
Oanh Pham - Monday 206-859-3177
Shirley Barlow - Wednesday 206-355-5844

Transportation Phone 425-606-7493
Doctors' Appointments:
Monday, Tuesday, Thursday 9:00 am –1:00 pm
Sign-up sheets for Doctors' Appointments
are at the front desk.
Sign-up sheets for outings
are in the Activity Room binder.

Front Desk 425-455-4333

Resident Birthdays

Margi H. 11/3
Cathy M. 11/14
Ina L.-103rd 11/16
George G. 11/26
Susan O. 11/28

Staff Birthday

Deni 11/6



November 2026



Attitude of Gratitude

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

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.

Wishing on a Bone

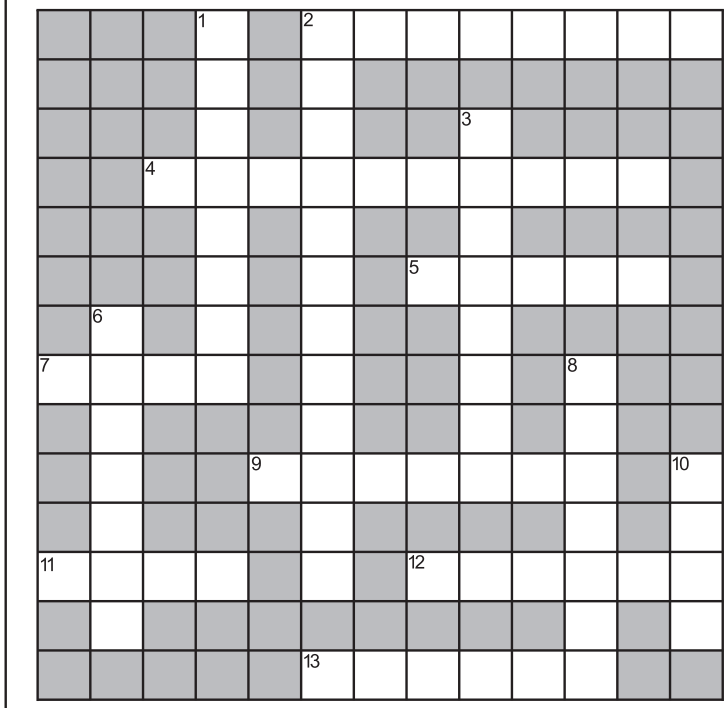
Wishbones have been lucky symbols for nearly 3,000 years. The Etruscans, an ancient Italian civilization, believed chickens could see the future, and they would touch dried wishbones (left whole) while making a wish. In today's common tradition, the wishbone of the meal's bird is broken in half by two people, and the largest half is the luckiest.

Evergreen Court

November 2026

Exercises · Bingo · Groups · Outings · Socials · Games · Meetings · Educational · Crafts · Movies · Music · ✝ Spiritual · ♪ Music Event · Outing · ★ Sign Up

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daylight Saving Time Ends 1 9:15 Video Exercise 10:00 Feel Good Stories David Begnaud (Beg Knows Best CBS) 11:00 Brain Games on the Big Screen 2:00 Craft w/ Heidi- Fall Tree Ornaments	2 9:00 Exercises w/ Nancy 10:00 Gab a-Lot Gals 11:00 Day Of The Dead Trivia 1:00 Step by step painting for beginners- Fall Painting 2:15 New Game *Sequence 7:00 Route 66 Band♪	**Happy Birthday Margi H.** 3 9:00 Chair Yoga 10:00 Bring your craft- Let's color a Thanksgiving poster 1:00 BINGO 2:00 Beanbag Toss 3:00 Current Events and Coffee **5:15 Seahawks Game**	4 9:15 Video Exercises 10:00 Shopping at Fred Meyer★ 1:00 Documentaries 1:00 Resident Store Open 2:00 Scenic Drive	5 9:00 Chair Cardio Dance/Zumba 10:00 Games Galore 1:00 Rebecca Wu Bell Choir ♪ 2:30 Lecture Series - How to prepare for an Earthquake and Tsunami 3:30 Hot Apple Cider and warm tunes social	6 9:15 Video Exercises 11:00 Best Wok 1:00 Resident Store Open 1:30 Guess who I am game 2:30 Dan Roberts♪	7 9:15 Video Exercises 10:00 Noodle Ball 11:30 Comedy Hour w/ Fred Klett 1:00 BINGO 2:00 Book Club w/ Heidi 3:00 Travelogue
8 9:15 Video Exercise 10:00 Feel Good Stories with Steve Hartman (CBS On the Road) 11:00 Brain Games on the Big Screen **1:25 Seahawks Game** 2:00 Craft w/ Heidi-Create your own door signs	9 9:00 Exercises w/ Nancy 10:00 Gab a-Lot Gals 11:00 Art History Trivia 12:00 Catholic Communion Library✝ 1:00 Donna B. Glasses workshop 1:00 Step by step painting for beginners- Fall Painting 2:15 500 Rummy 7:00 Route 66 Band♪	10 9:00 Chair Yoga 10:00 Bring your craft- Let's color a Thanksgiving poster 1:00 BINGO 2:00 Jewelry making w/ Apphia's Mom Linda 3:00 Current Events and Coffee	**Veterans Day** 11 9:15 Video Exercises 10:00 Special Veterans Day Ceremony at Sunset Hills Memorial Park★ 1:00 Documentaries 1:00 Resident Store Open 1:00 Veterans Day gathering Honoring our heroes 2:00 Scenic Drive	12 9:00 Chair Cardio Dance/Zumba 10:00 Games Galore 1:00 Bingo 2:30 Lecture Series- 3:30 Happy Hour	13 9:15 Video Exercises 11:00 3rd Place Books and Lunch🚌 1:00 Resident Store Open 1:30 Umbrella Ring Toss 2:30 Cowboy Bob♪	**Happy Birthday Cathy M.** 14 9:15 Video Exercises 10:00 Noodle Ball 11:30 Comedy Hour w/ Josh Johnson 1:00 BINGO 2:00 Book Club w/ Heidi 3:00 Travelogue
15 9:15 Video Exercise 10:00 Feel Good Stories W/ John Quonones (ABC what would you do?) 11:00 Brain Games on the Big Screen **1:05 Seahawks Game** 2:00 Craft w/ Heidi- Paint Fall Rocks and Pictures	**Happy 103rd Birthday Ina L.** 16 9:00 Exercises w/ Nancy 10:00 Gab a-Lot Gals 11:00 Fast Food Trivia 1:00 Step by step painting for beginners- Fall Painting 2:15 Hearts Card Game 7:00 Route 66 Band♪	17 9:00 Chair Yoga 10:00 Bring your craft- Let's color a Thanksgiving poster 1:00 BINGO 2:00 Solo Cup Races 3:00 Current Events and Coffee	18 9:15 Video Exercises 10:00 Shopping at Fred Meyer★ 1:00 Documentaries 1:00 Resident Store Open 1:00 Voyager Space Shuttle 1 light day away celebration 2:00 Let's Bury a Time Capsule 3:00 Movie Matinee- The Right Stuff	19 9:00 Chair Cardio Dance/Zumba 10:00 Games Galore 11:00 Thanksgiving Lunch 1:00 Special holiday fun w/ Linda & Band Width 2:30 Bingo 2:30 Lecture Series - The Mayflower	20 9:15 Video Exercises 11:00 Applebee's 1:00 Resident Store Open 1:30 Simon Says Cup Game	21 9:15 Video Exercises 10:00 Noodle Ball 11:30 Comedy Hour w/ Nate Bargatze 1:00 BINGO 2:00 Book Club w/ Heidi 3:00 Travelogue 3:30 Hymn Sing ✝
22 9:15 Video Exercise 10:00 Feel Good Stories David Begnaud (Beg Knows Best CBS) 11:00 Brain Games on the Big Screen 2:00 Craft w/ Heidi- Candy Wreaths	23 9:00 Exercises w/ Nancy 9:00 KCLS Traveling Library 10:00 Gab a-Lot Gals 11:00 Espresso Trivia 12:00 Catholic Communion Library✝ 1:00 Step by step painting for beginners- Fall Painting 2:15 Cribbage Game 7:00 Route 66 Band♪	24 9:00 Chair Yoga 10:00 Bring your craft- Let's color a Thanksgiving poster 1:00 Res. Mgr. Meeting 2:30 Jon Pressman♪	25 9:15 Video Exercises 10:00 Shopping at Dollar Tree★ 1:00 Documentaries 1:00 Resident Store Open 2:00 Scenic Drive	**Thanksgiving - Happy Birthday George G.** 26 9:00 Video Exercises 10:00 Games Galore 1:00 Bingo 2:30 Documentary- The History of Thanksgiving	27 9:15 Video Exercises 10:00 Mercer Island Library and Thrift Store🚌 1:00 Resident Store Open 1:30 Activity Ball 2:00 Group November Birthdays	**Happy Birthday Susan O.** 28 9:15 Video Exercises 10:00 Noodle Ball 11:30 Comedy Hour w/ K-Von 1:00 BINGO 2:00 Book Club w/ Heidi 3:00 Travelogue
29 9:15 Video Exercise 10:00 Feel Good Stories Steve Hartman (CBS On the Road) 11:00 Brain Games on the Big Screen **1:25 Seahawks Game** 2:00 Craft w/ Heidi- Make Greeting Cards for winter and the holiday	30 9:00 Exercises w/ Nancy 10:00 Gab a-Lot Gals 11:00 Computer Trivia 1:00 Step by step painting for beginners- Fall Painting 2:00 Advent Bible Study w/ Jody✝ 2:15 Skip-Bo game 7:00 Route 66 Band♪					





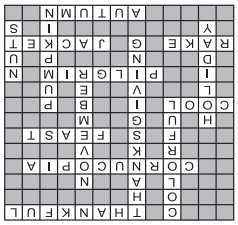
November Crosswords

Across:

2. Grateful
4. Symbol of plenty
5. Large meal
7. Low temperature
9. Wayfarer
11. To gather leaves
12. Blazer
13. Third season

Down:

1. Having a lot of color
2. Gratitude holiday
3. Eleventh month
6. Day of festivity
8. Large orange fruit
10. Hard-shell fruits



"This Month In History"

NOVEMBER

1917: Made up of five Canadian teams, the National Hockey League is created in Montreal.

1926: U.S. Route 66 is officially established. The roughly 2,400-mile two-lane highway from Chicago to Los Angeles became a legendary east-west link.

1931: Homemaker Irma Rombauer self-publishes her favorite recipes in "The Joy of Cooking." The classic cookbook has since sold over 20 million copies.

1941: President Franklin D. Roosevelt signs a bill proclaiming the fourth Thursday in November as the official Thanksgiving holiday.

1954: The U.S. Marine Corps Memorial is dedicated in Arlington, Va. The monument depicts the raising of the American flag at the 1945 Battle of Iwo Jima.

1967: With a cover price of 25 cents, the first issue of Rolling Stone magazine goes on sale in San Francisco.

1984: Fred Rogers, of the children's TV series "Mister Rogers' Neighborhood," presents one of his sweaters to the Smithsonian's National Museum of American History.

1997: Disney's "The Lion King" opens as a Broadway musical.

2010: A groundbreaking ceremony is held for George W. Bush's presidential library in University Park, Texas.

2018: NASA's Voyager 2 probe leaves the solar system for interstellar space exploration.

2020: Whitney Houston is inducted into the Rock and Roll Hall of Fame.

2022: The world population officially reaches 8 billion people, according to the United Nations.

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