



Interfaith Towers

Community News

November 2023

Manager's Corner

Welcome November! There's excitement in the air as we begin preparing for the holidays. Be sure to sign up for our annual Thanksgiving Dinner Delivery on Tuesday, November 21st.

We are also preparing for the colder weather ahead. If your Air Conditioner is not yet covered, please contact the office to have it covered.

Have a wonderful month of November! As always, we are thankful for each and every member of our community and wish you and your families a very Happy Thanksgiving.

~Mary and your Staff of Interfaith Towers



Thanksgiving Walk

Feeling stuffed after the feast is part of what Thanksgiving is all about! But before you settle on the couch to watch football or take a nap, go for a quick walk. Even a stroll as short as 15 minutes will regulate blood sugar levels and help you digest that heavy meal. And the healthy group activity provides more opportunities to bond—it could be your new holiday tradition!

An Artful Age

"Youth is the gift of nature, but age is a work of art." —Stanislaw Jerzy Lec

Staff

- Mary Scileppi**
Property Manager
- Linda Gorzka**
Administrative Assistant
- Jessica DeGarmo**
Resident Advisor
- Roy Charter**
Superintendent
- Timothy Evans**
Maintenance/Custodial

Office Hours

Monday–Friday 8 a.m.–4 p.m.

Important Numbers

- Office (845) 452-1172
- Office FAX (845) 452-0106
- Emergency Pager . (845) 431-6636



Our Nation's Veterans

Veterans Day on Nov. 11 is your chance to recognize and thank those who have served our country. Veterans live all over the U.S., but Alaska, Virginia and Wyoming are the states with the highest percentage of veterans within their borders.



Journal Prompt: A Creative Memory

Reminisce on some of your grandest or most heartwarming adventures with this month's journal prompt: Write a poem about a childhood memory. Reflect on why the memory has stuck with you and how it has influenced your life.

THANKSGIVING LUNCHEON DELIVERY

Our Thanksgiving Dinner delivery will be held on

Tuesday, November 21st

Delivery between 2 ~ 2:30 pm

Our menu will include:

Turkey & Gravy
Stuffing
Mashed Potatoes
Green Beans
Cranberry Sauce
Rolls
&
Pumpkin Pie

\$5 Residents / \$10 Guests (limit of one guest per resident). Sign up in the office by 11/20. Cost doubles the day of the event.



PANCAKE BREAKFAST

A Pancake Breakfast is scheduled for
Thursday, November 30th,
9:00-10:15 a.m.

Breakfast will be available to-go for those not comfortable staying in a congregate setting to eat.

The menu will include:

Pancakes
Scrambled Eggs
Bacon & Sausage
Fresh Fruit
Pastry
Orange Juice, Coffee & Tea

Purchase your ticket in the office no later than November 29th. Cost for residents is \$3, and \$5 for guests (Must be present). Cost doubles the day of the event.



Happiness Helper: Practice Gratitude

The Thanksgiving holiday is centered on expressing gratitude, but making it a practice throughout the year can lead to more overall happiness. Taking time to think about the things you appreciate contributes to feelings of optimism and satisfaction and a greater sense of connection to others.



Wit & Wisdom

"I don't spend time wondering what might be next; I just focus on trying to savor every day."
—Trisha Yearwood

"Savor the moments that are warm and special and giggly."
—Sammy Davis Jr.

"Sometimes we need the salt of tears to remind us how to savor the sweetness of life."
—Lysa TerKeurst

"Photography is about savoring life at 1/100th of a second."
—Marc Riboud

"Savor the day and be good to yourself, love yourself, and then you can be good to others and be of service to others."
—Charlotte Rae

"One can never truly savor success until first tasting adversity."
—Ralph Waldo Emerson

November 2023

Sunday

Monday






Tuesday

Wednesday

Thursday

Friday

Saturday

			1	2	3	4
				5th Floor Vents 1 p.m.		
5	6	7	8	9	10	11
	<i>In a Gentle Way, You Can Shake the World.</i> ~Mahatma Gandhi	ELECTION DAY 5AM - 10PM	3rd Floor Inspections 1:30 - 3 p.m.	1st Floor Recon 7 a.m.	Veterans Day (Observed) OFFICE CLOSED	*** <i>Thank You</i> VETERANS 
12	13	14	15	16	17	18
			EXTERMINATOR 9 a.m.	4th Floor Vents 1 p.m.		<i>The Way We Communicate With Others and With Ourselves Ultimately Determines the Quality of Our Lives.</i> ~Tony Robbins
19	20	21	22	23	24	25
		Thanksgiving Dinner Delivery 2-2:30pm	<i>The best preparation for tomorrow is doing your best today.</i> ~H. Jackson Brown, Jr.	Thanksgiving OFFICE CLOSED	OFFICE CLOSED	
26	27	28	29	30		
		<i>Whoever Is Happy Will Make Others Happy Too.</i> ~Anne Frank		12th Floor Recon 7 a.m. ~*~*~ Pancake Breakfast 9 ~ 10:15 a.m.	