

News and Notes



Acorn submissions are due by the 15th of each month to insure they are included in the following month's issue. PDF format emailed to dno-vak@abhomes.org is preferred or you can put them in the tray on the file cabinet in the PLR.

FOOD COMMITTEES

Independent Living: Food Committee every third Thursday of month
~sign up at the Hostess Station
~1:00 in Oak Ridge Dining Room
~Dining Experience Committee to meet immediately after
Windsor Manor: Every second Thursday of month at 2:30pm
Windsor House: Every second Thursday of month at 3:30pm

LIBRARY
BOOK
↓
RETURN

Reminder for checkout of the **Muskego Library** books:
Please take notice of the due date listed on the checkout sheet. Books are due back in the Wisdom Tree library before or on this date. Please make sure your name is legible on the checkout sheet, so we know who has the books checked out. **If all 30 books are not returned by the return date, Muskego Library will suspend this service so please turn books in on time. (Note that these books are only for Tudor Oaks residents to check out.)

WELLNESS

Line Dancing Returns! Mondays at 10:30 am in MPR starting November 6 through December 4.



Last day of chair yoga will be 11/7. It will return on Tuesdays AND Thursdays starting in January. Specific start date to come!

Starting in November and through December, Dayle will be teaching water aerobics on Friday mornings. Aqua Zumba will only be on Wednesdays, Water Aerobics on Mondays & Fridays.





"A HOLIDAY OPEN DOOR SHOWCASE" is being planned for Sunday, December 10, 2023.



Would you be willing to open your door for this year's event?

To display your holiday décor?, or a special collection?
And welcome you neighbors with Christmas greetings?
No food or beverage is to be served in your apartment.

Viewing times will be between
2:00PM & 4:00PM AND 6:00PM and 8:00 PM

Please sign up before *Friday, November 10th*, in the white binder, located in the library.

Any questions, please call:

Pat Bardonner (414-235-3355) OR Nan Rupp (262-679-7067)
(This event is being organized by the IL Resident Activities Committee)

Therapy Department Announcement: Free balance assessments with our new ... ***VSTBalance***, an automated fall-risk assessment tool that utilizes Artificial Intelligence with machine vision to objectively identify deficits in balance, gait and function. **Come check it out on Thursday, December 14 from 2:00-3:00pm in the Olive Wood Theater.**



Employee Gifts and Grants Committee Update:

The Employee Gifts and Grants Committee (EGG) continues to encourage employees, who would like to take courses to enhance their work at Tudor Oaks, to apply for a grant. They are also encouraging supervisors to determine any continuing education needs to be met within their respective departments. The EGG committee will not have their donation box out during November and December when the focus is on Christmas gifts for all employees.



November Highlights

Entertainment (OWT or Ch. 957)



Wednesday, November 1 at 6:30 Tim Crain,
"JFK: An Unfinished Life" (Part 1)

Monday, November 6 at 6:30 Little Lake
Stompers

Wednesday, November 8 at 3:00 Veterans
Day Service

Wednesday, November 1 at 6:30 Tim Crain,
"JFK: An Unfinished Life" (Part 2)

Monday, November 13 at 2:00 Mary Ann
Noe, Author/Short Writing Seminar

Wednesday, November 15 at 6:30 Sing Along
with Will Branch, Craig Siemsen and
Julie Lovely

Thursday, November 16 at 6:30 Ron Ander-
son Travelogue: Paris to Normandy

Wednesday, November 22 at 6:30 Tim Crain,
"JFK : An Unfinished Life" (Part 3)

Tuesday, November 28 at 6:30 Marty
Schreiber, Crusader for Alzheimer's
Caregivers and Persons with Demen-
tia



November 5 —Book Club

November 12—The General

November 19—The Apple Gang

November 26—Mary Poppins

Friday Night Movies

6:30 pm

Channel 955 on your TV

November Movie Line Up

3- Eighty for Brady

10-Book Club: The Next
Chapter

17-About My Father

24- Planes, Trains, and
Automobiles

Saturday Night BINGO



6:30pm in PDR

(November 4, 11, and 25)



WHAT ARE YOU DOING DECEMBER 31?

Plans are underway for a festive New Year's Eve celebration at Tudor Oaks. Chef John is planning a delightful menu for an evening meal. Entertainment will follow in the Olive Wood Theater to help welcome 2024.

It will be very important to make your reservation for the meal in December since Chef John will need to order special food for the event. All tables in the dining room will be set for six residents eating together so you may want to get a group together to reserve a table. The cost of the evening is \$5.00 for each resident that will be collected when you make your reservation. Please register for dinner even if there is not a whole table as Brenda or Stephen will help make up tables as they usually do. The reservation dates are **December 14,15,16, and 17 in the dining room lounge area**. Mark your calendars—times for sign up will be announced.

WAIT THAT'S NOT ALL!

New Year's Day Party begins at 9:30AM on January 1 in the Olive Wood Theater where donuts, sweet rolls, coffee and juice will be available. Ron Anderson and Bob Frey will present "Happenings at Tudor Oaks 2023". No reservations are needed.

Mary Liverman & Judy Fons, Co-Chairmen



The Second Sundays Out (SSO) programs have been completed for 2023. Thank you to all of the Wing organizers and volunteers that put together great Sunday evening meals and programs. It was fun to have such a relaxed friendly evening with delicious food. Thanks to all that contributed.

Independent Living Activities Committee

Tudor Oaks Storyteller's Group

Do you like to write stories? Do you like to tell stories? Join us every Thursday morning at 10:30am in the Private Dining Room to discuss various subjects.

STORYTELLERS SUGGESTED TOPICS

NOVEMBER 2023

Week 137- November 2nd- If you could talk to a younger version of yourself, what would you say? What advice would you give?

Week 138- November 9th- Other than a parent, who was/is your favorite relative?

Week 139- November 16th- Describe a time when you thought “outside of the box” to solve a problem. Did you solve the problem alone, or did you have help?

Week 140-November 23rd-



Week 141-November 30th- Imagine that your home catches fire. After saving your loved ones and pets, you have time to safely make a final dash to save **ONE** item. What would it be? Why?



*Questions? Please contact
Lisa Runte, in the Lifestyles Department.
414-529-0100 x2853*



Recycling Information

Muskego Public Library has a Holiday Lights Recycling Drive

Wondering what to do with your old or broken strands of holiday lights? Drop them off in the big tub in the library lobby between November 13 – January 19.

Library address: S73W16663 Janesville Rd

Phone: 262-971-2100 **Email:** Reference@cityofmuskego.org

Website: www.citofmuskego.org/library



Spiritual Services & Programs

Weekly Chapel Service Wednesdays at 3:00 pm (OWT or ch.957)

Tuesday @ 2:15 pm– Chaplain’s Corner in Windsor House

Tuesday @ 3:00 pm– Chaplain’s Corner in Windsor Manor

Thursday @ 10:30 am–Chaplain’s Corner in Frances Henry Health Center

Thursday @ 11:00 am—Chaplain’s Corner in Windsor Garden



Catholic Mass – Weekly Services

Every Wednesday at 1:00 pm (OWT or channel 957)

Heritage Presbyterian Church

Sundays at 10:00 am (OWT or channel 957)

Dementia Support Group : Tuesday, November 21 at 6:30PM

Grief Support Group : Wednesday, November 22 at 6:30PM

Any questions about the support groups,
please contact Pastor Michelle Peterson
at 529-0100 x 2105

Book Club Discussion, 1st Wednesday of the month

November 1 at 1:00 pm, Private Dining Room

Contact Julia Kurlinski at 414-421-7633



November 1 – All Saints Day Observance during 3pm chapel service

November 8 – Veterans Day Observance during 3pm chapel service

November 21 – Documentary “Alive Inside: A Story of Music and Memory” at 6:30pm in the OWT (This will be in place of our dementia support group.)

November 22 – Thanksgiving Hymn Sing during the 3pm chapel service

November 22 – Grief Support Group at 6:30pm in the Private Dining Room

November 28 – Guest Speaker, Marty Schreiber, former Wisconsin governor and author of “My Two Elaines” at 6:30pm in the OWT

November 30 – Brain Health Fair



Do you enjoy crafting? If so, come to the Saturday, November 11th, Women's Club at 10:15AM in the Poplar Lifestyle Room. Theresa, from Lifestyles, will get us in the Christmas mood as she leads us in making the Christmas crafts, seen below, to decorate your own home or be given as gifts. Theresa will have all the supplies needed for us. All we have to do is come ready to have a good time with

friends. Your cost for the supplies will be determined by how many items you wish to make. You will be making one of each craft (acrylic paint ornament and candy cane wreath) but can make more than one of the acrylic paint ornaments if you like. Registering for the activity will be easy. You will just need to sign up in the white binder in the library with your name and indicate how many of the acrylic paint ornaments you would like to make (limit of 3). **Please register by Monday, November 6** so Theresa can buy the proper amount of supplies. If you have questions you may call Beth Stuart at 414-367-2127. Hope to see you there!



Acrylic paint Christmas ornament



Candy Cane Wreath



November Schedule

Sunday, November 5 vs Rams
12 Noon

Sunday, November 12 at
Steelers 12 Noon

Sunday, November 19 vs
Chargers 12 Noon

Thursday, November 23 at Li-
ons 11:30AM



November Schedule

Saturday, November 4 at
Indiana (Time TBD)

Saturday, November 11 vs
Northwestern (Time TBD)

Saturday, November 18 vs
Nebraska (Time TBD)

Saturday, November 25 at
Minnesota (Time TBD)