



RIVER OAKS PLACE
L E N O I R C I T Y

November 2014

100 W 5th Ave. • Lenoir City, TN 37771 • (865) 988-9321



Happy Birthday!

11/1 Dominique Munoz
11/2 Joyce Raby
11/6 Julia Fowle
11/23 Evelyn Norris



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Fall's Flavors

Immerse yourself in the scents of the season, whether you are picking a hand soap or room spray, or enjoying a tasty treat. Choose pumpkin or apple, or spice things up with clove, cinnamon, nutmeg, ginger or peppermint.



3 Things You Need to Know

Peanut Butter Lovers' Month is celebrated every November. Three more fun facts:

1. Peanuts are not nuts. They're legumes.
2. Presidents Thomas Jefferson and Jimmy Carter were both peanut farmers.
3. The average American eats about three pounds of peanut butter per year.



Happy Thanksgiving

Americans celebrate Thanksgiving on the fourth Thursday in November. Family, friends, turkey and football are often the focus. Enjoy your holiday!



River Oaks Place Store Coupon!

Come and visit our River Oaks Place Store!
This coupon is good for
50 cents
and is good until Dec. 1.
We have Christmas cards!
~ Happy Shopping! ~



Talk About It

3 Things You Need to Know

If you catch a cold this fall or winter, here are a few ways to feel a little better:

1) Ease nasal congestion with saline solution drops or sprays.

2) Load up on liquids such as water, juice, warm water with lemon and honey, and herbal tea.

3) Get lots of rest. Your body needs it to restore energy and strengthen your immune system.



Everything Has Its Place

Nov. 15 is Clean Out Your Refrigerator Day. Throw out spoiled items and organize the fridge so everything has a specified place. This way, you can more easily see what you need to shop for.

Weathering Joint Pain

Some people claim to feel the weather in their bones—an achy shoulder just before it rains or a sore knee when it's cold. For years, these sensations were written off as old wives' tales, but according to more and more health care professionals, there is a credible theory: the barometric pressure.

Barometric pressure often drops before bad weather arrives, and when it does, the lower air pressure allows the tissues in our bodies to expand. For those with chronic joint pain, this expansion can put extra pressure on inflamed joints and aggravate surrounding nerves.

So what can you do to minimize these aches and pains? Experts say exercise can provide relief. Although chilly, damp days may have you wanting to curl up on the couch, it's best to keep moving. Strong muscles better support joints, and low-impact

exercise can help the fluid that accumulates in your limbs flow back into your system, which can reduce the pressure on nerves when the barometer drops.

Keep your weight in check; this reduces excess stress on your joints. A healthy diet can also be beneficial. Load up on foods rich in omega-3 fatty acids, found in salmon and nuts, along with fruits and vegetables rich in vitamins C and K.



Give Thanks

This Thanksgiving, make a list of everything in your life for which you are truly grateful.

Talking Turkey

This time of year, the turkey takes center stage as both a seasonal symbol and the main course of holiday dinners. How much do you know about this popular bird?

- Male turkeys are called "toms" or "gobblers," females, "hens," and their chicks, "poults."
- Females make small clucking and chirping sounds; only males do the gobbling the birds are known for. The gobble can be heard up to a mile away.

- The weight of a domestic turkey is about twice that of its wild cousin. In fact, most domestic turkeys are so heavy they can't fly.
- Like peacocks, male turkeys use their fancy tail feathers to attract mates.
- While domestic turkeys are typically white, the brown and tan colors of wild turkeys help them blend into the surroundings of their woodland homes, where they sleep atop tree branches.
- Turkeys are native to North America, but in the early 20th century, the bird was on the verge of extinction. Reintroduction programs started in the 1940s, and today wild turkeys can be found throughout the U.S.

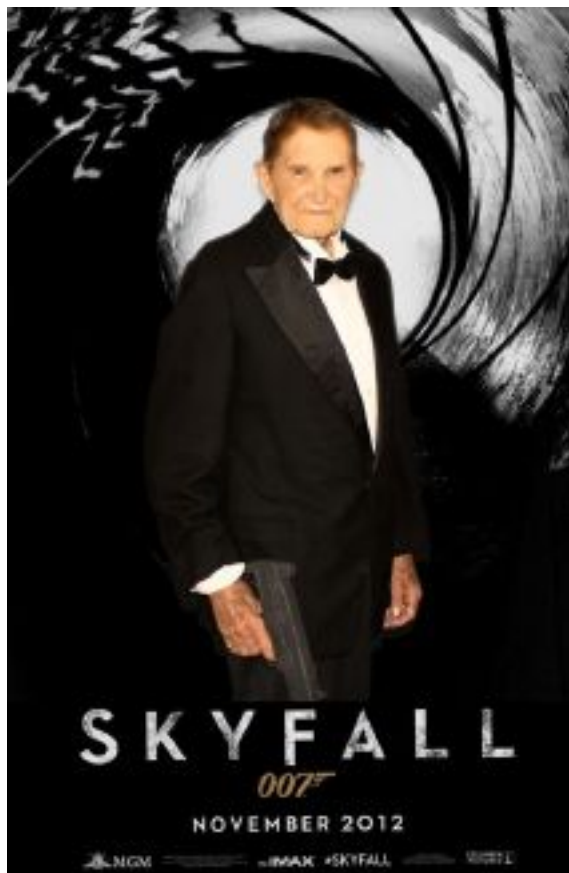
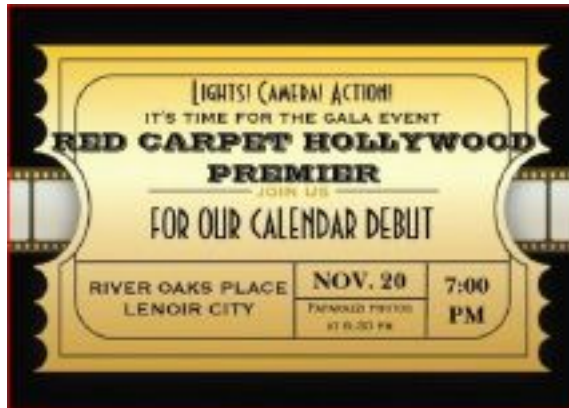
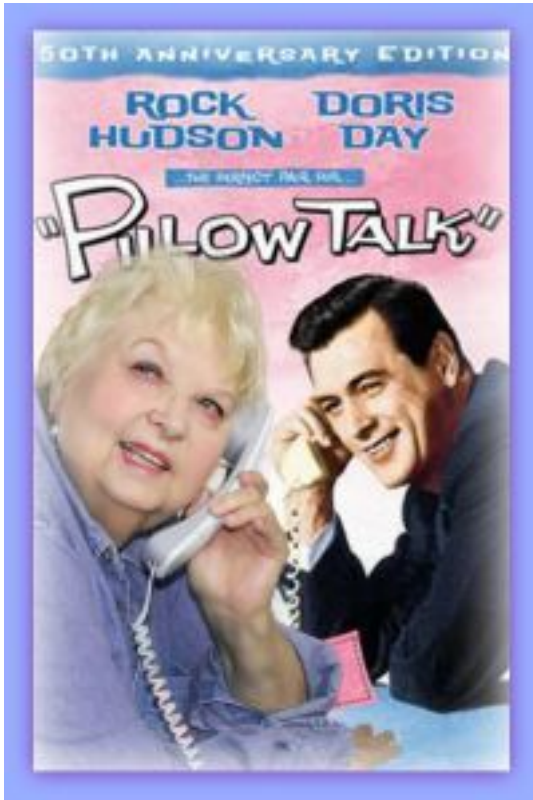
Red Carpet Premiere!

The most anticipated event this year is quickly approaching!! Nov. 20 is our Red Carpet Premiere Party!

You will not want to miss this gala! We are celebrating the rollout of our Fundraising Calendar! Actors, Family & Employees are invited to this special event! Entertainment, refreshments, and awards! RSVP at the office! It will truly be a night to remember, so please join us!



Nov. 20 - 6:30p



November 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Feeling Fit! Walking Club 10 Chair Exercises 2 Bingo
2 Feeling Fit! Walking Club 9 Church 2 Manicures 4 Bible Study	Peanut Butter 3 Feeling Fit! Walking Club 8:45 Inspirational Coffee Club 10 Chair Exercises 2 Peanut Butter Lovers Social!	4 Feeling Fit! Walking Club 10 Chair Exercises 10:30 Morning Stretch! 2 Bingo	Scrap Booking 5 Feeling Fit! Walking Club 8:45 Inspirational Coffee Club 10 Chair Exercises 2 Scrap Booking Club 3 communion	6 Feeling Fit! Walking Club 10 Chair Exercises 10:30 Morning Stretch! 2 Bingo	Hangman Social 7 Feeling Fit! Walking Club 8:45 Inspirational Coffee Club 10 Chair Exercises 2 Hangman Social!	8 Feeling Fit! Walking Club 10 Chair Exercises 2 Bingo
9 Feeling Fit! Walking Club 9 Church 2 Manicures 4 Bible Study	Lunch Out! 10 Feeling Fit! Walking Club 8:45 Inspirational Coffee Club 10 Chair Exercises 2 Lunch Out!	Veterans Day 11 Feeling Fit! Walking Club 10 Chair Exercises 10:30 Morning Stretch! 2 Bingo	Comedy Club! 12 Feeling Fit! Walking Club 8:45 Inspirational Coffee Club 10 Chair Exercises 2 Comedy Club and Snacks! 3 communion	13 Feeling Fit! Walking Club 10 Chair Exercises 10:30 Morning Stretch! 2 Bingo	Roger Bach! 14 Feeling Fit! Walking Club 8:45 Inspirational Coffee Club 10 Chair Exercises 2 Roger Bach!	15 Feeling Fit! Walking Club 10 Chair Exercises 2 Bingo
16 Feeling Fit! Walking Club 9 Church 2 Manicures 4 Bible Study	Scrapbooking 17 Feeling Fit! Walking Club 8:45 Inspirational Coffee Club 10 Chair Exercises 2 Scrapbooking Club	18 Feeling Fit! Walking Club 10 Chair Exercises 10:30 Morning Stretch! 2 Bingo	Event Decoration 19 Feeling Fit! Walking Club 8:45 Inspirational Coffee Club 10 Chair Exercises 2 Event Decoration! 3 Communion	Red Carpet Party 20 Feeling Fit! Walking Club 10 Chair Exercises 6:30 Paparazzi Photos of you and Family! 7:00 Red Carpet Hollywood Premiere Party!	Frank and Jerry 21 Feeling Fit! Walking Club 8:45 Inspirational Coffee Club 10 Chair Exercises 2 Frank and Jerry	22 Feeling Fit! Walking Club 10 Chair Exercises 2 Bingo
23/30 Feeling Fit! Walking Club 9 Church 2 Manicures 4 Bible Study	Give Thanks! 24 Feeling Fit! Walking Club 8:45 Inspirational Coffee Club 10 Chair Exercises 2 Give Thanks Social!	25 Feeling Fit! Walking Club 10 Chair Exercises 10:30 Morning Stretch! 2 Bingo	Decorating 26 Feeling Fit! Walking Club 8:45 Inspirational Coffee Club 10 Chair Exercises 2 Thanksgiving Decorations 3 Communion	Thanksgiving 27 Feeling Fit! Walking Club 10 Chair Exercises Thanksgiving Macy's Parade on Big TV! 2 Crossword Puzzle!	Christmas Movie 28 Feeling Fit! Walking Club 8:45 Inspirational Coffee Club 10 Chair Exercises 2 Christmas Movie!	29 Feeling Fit! Walking Club 10 Chair Exercises 2 Bingo