



# NEWSLETTER

THE HEATHERS SENIOR HOMES - NEWSLETTER - NOVEMBER 2025

## Letter from Jennifer

Dear residents and families,

We had a wonderful October filled with laughter, connection, and fall fun! From festive seasonal activities to cozy gatherings, it was a month to remember.

This October, we were thrilled to bring a petting zoo to both our Ringwood and Lake in the Hills homes – our residents loved spending time with the animals and soaking up the autumn sunshine! We also celebrated Pat, Craig, and Chuck on their birthdays with lots of love and smiles. And we're excited to give a warm welcome to Geraldine, our newest resident in Lake in the Hills. We are so blessed to have her join The Heathers family.



### Exciting Updates:

New flooring is on the way for our Lake in the Hills home! We can't wait for this beautiful update throughout the house. I will contact families once we get closer to the installation date and share details about the process and operations during that time.

A heartfelt thank you to all our Ringwood staff and families who came out for our Ringwood Family Event! It was a wonderful afternoon spent enjoying delicious food, great company, and a touch of farmyard fun.

As always, thank you for trusting us with your loved ones and being such an important part of The Heathers family. Your support and partnership mean the world to us.

Warmly,

**Jennifer Bohyer**

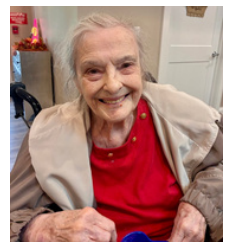
**Executive Director**

# NEW RESIDENTS



Ray

we welcomed Ray at our Ringwood home and Geraldine at our Lake in the Hills home. we are so delighted to have them with us.



Geraldine

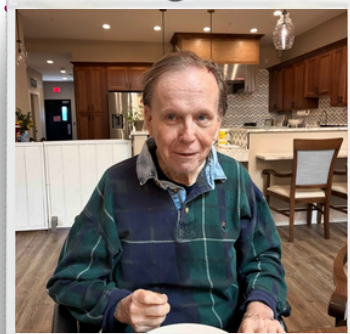
For our Resident Spotlight at The Heather's this month we cast a line to learn more about Geraldine. Read more story on website to find out about Geraldine's A Life Rooted in Family, Faith, and Hard Work



Pat



Craig



Chuck

We celebrated the birthday's of Pat, Craig, and Chuck

November 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<p>1 9:30 Morning News 10:30 Senior Exercise 2:00 Coffee &amp; Conversation 4:00 Bingo 6:00 Movie &amp; Popcorn</p>
<p>2 Daylight Savings 9:30 Senior Exercise 10:00 Online Church Service 2:00 Bingo 6:00 Game Night</p>	<p>3 9:30 Morning News 10:30 Senior Exercise 2:00 Walking Club 3:00 Ice-Cream Social 6:00 Netflix</p>	<p>4 9:30 Morning News 10:30 Senior Exercise 2:00 Jewelry Making 4:00 Hang Man 6:00 Resident Choice-Movie</p>	<p>5 9:30 Morning News 10:30 Senior Exercise 11:00 Communion 2:00 Bingo 4:00 Fancy Nails 6:00 Puzzles</p>	<p>6 9:30 Morning News 10:30 Senior Exercise 2:00 Adult Coloring 5:00 Support Group-RW 6:00 Resident Choice</p>	<p>7 9:30 Morning News 10:30 Morning Exercise 11:00 Goddard School 2:00 Balloon Badminton 3:00 Social Hour 6:00 Movie Night</p>	<p>8 9:30 Morning News 10:30 Senior Exercise 2:00 Coffee &amp; Conversation 4:00 Bingo 6:00 Movie &amp; Popcorn</p>
<p>9 9:30 Senior Exercise 10:00 Online Church Service 2:00 Bingo 4:00 Puzzles 6:00 Game Night</p>	<p>10 9:30 Morning News 10:30 Senior Exercise 2:00 Sing Along 3:00 Ice-Cream Social 6:00 Netflix</p>	<p>11 <b>Veteran's Day</b> 9:30 Morning News 10:30 Senior Exercise 2:00 Activities W/ Nina 4:00 Trivia 6:00 Resident Choice Movie</p>	<p>12 9:30 Morning News 10:30 Senior Exercise 11:00 Communion 1:30 Mary Kay Makeovers 4:00 Fancy Nails 6:00 Puzzles</p>	<p>13 9:30 Morning News 10:30 Senior Exercise 2:00 Adult Coloring 3:00 Activities W/ Chris 5:00 Support Group-LITH 6:00 Resident Choice</p>	<p>14 9:30 Morning News 10:30 Morning Exercise 3:00 Social Hour 6:00 Movie Night</p>	<p>15 9:30 Morning News 10:30 Senior Exercise 2:00 Coffee &amp; Conversation 4:00 Bingo 6:00 Movie &amp; Popcorn</p>
<p>16 9:30 Senior Exercise 10:00 Online Church Service 2:00 Bingo 4:00 Puzzles 6:00 Game Night</p>	<p>17 9:30 Morning News 10:30 Senior Exercise 3:00 Ice-Cream Social 4:00 Bible Study w/ Pastor Dan 6:00 Netflix</p>	<p>18 9:30 Morning News 10:30 Senior Exercise 2:00 Activities W/ Nina 6:00 Resident Choice Movie</p>	<p>19 9:30 Morning News 10:30 Senior Exercise 11:00 Communion 2:00 Live Entertainment 4:00 Fancy Nails 6:00 Puzzles</p>	<p>20 9:30 Morning News 10:30 Senior Exercise 2:00 Egg Shaker Exercise 3:00 Activities W/ Chris 5:00 Support Group-LITH 6:00 Resident Choice</p>	<p>21 9:30 Morning News 10:30 Morning Exercise 11:00 Goddard School 2:00 Bags Game 3:00 Social Hour 6:00 Movie Night</p>	<p>22 9:30 Morning News 10:30 Senior Exercise 2:00 Sing-Along 4:00 Bingo 6:00 Movie &amp; Popcorn</p>
<p>23 9:30 Senior Exercise 10:00 Online Church Service 2:00 Bingo 4:00 Puzzles 6:00 Game Night</p>	<p>24 9:30 Morning News 10:30 Senior Exercise 2:00 Fun Facts 3:00 Ice-Cream Social 6:00 Netflix</p>	<p>25 9:30 Morning News 10:30 Senior Exercise 2:00 Baking W/ your Care Partner 4:00 Sing-Along 6:00 Resident Choice Movie</p>	<p>26 9:30 Morning News 10:30 Senior Exercise 11:00 Communion 2:00 Bingo 4:00 Fancy Nails 6:00 Puzzles</p>	<p>27 <b>Thanksgiving</b> 9:30 Morning News 10:30 Senior Exercise 2:00 Egg Shaker Exercise 3:00 Activities W/ Chris 6:00 Resident Choice</p>	<p>28 9:30 Morning News 10:30 Morning Exercise 2:00 Shopping of the Decades 6:00 Movie Night</p>	<p>29 9:30 Morning News 10:30 Senior Exercise 2:00 Sing-Along 4:00 Bingo 6:00 Movie &amp; Popcorn</p>
<p>30 9:30 Senior Exercise 10:00 Online Church Service 2:00 Bingo 4:00 Puzzles 6:00 Game Night</p>	<p><i>At The Heathers, Thanksgiving is more than a meal-it's a feeling of togetherness, warmth, and gratitude. We give thanks for our residents who inspire us daily, our staff who serve with heart, and out families who trust us to be part of their loves one's story.</i></p>					

\*Activity times and programs are subject to change

## Coping Skills for Caregivers:

### Stress Management

- Exercise
- Talk to someone about your worries and concerns
- Know your limits and set limits
- Make time for fun
- Know it's okay to cry
- Practice gratitude
- Time Management

FOR MORE INFO CHECK OUR WEBSITE BLOG POST



# Resident Recipe of the Month

## Geraldine's Pineapple Chicken

### Ingredients

- 2 Tbsp Margarine
- 2 Tbsp Olive Oil
- 1 cup All Purpose Flour
- 1 Teas Salt
- 1 Teas Paprika
- 1/4 Teas Black Pepper
- 8 Chicken Breasts (skinned & halved)
- 1 can (20 oz) Pineapple chunks in heavy syrup
- 1/2 cup Green Peppers (large dice)
- 1 Tbsp Brown Sugar
- 1/4 cup Dry Sherry
- 2 Green Onions (sliced)



### Directions

#### Preheat oven to 425°F

In a large shallow baking pan, melt margarine & oil in oven.

Remove the pan. Combine flour, salt, paprika, and pepper in a plastic bag. Piece by piece coat the chicken by shaking it in the bag with the seasoned flour. Arrange the floured chicken in the baking pan in a single layer.

Bake at 425° F for 20 minutes, then turn chicken over.

Combine pineapple, green pepper, green onion, brown sugar and sherry and pour over chicken. lower heat to 375°F and bake until chicken is golden brown and sauce is thick. (about 45 minutes)

Serve alone or with rice.

# OCTOBER PICTURE RECAP

