

"The Elderberry" A Newsletter for Active Adults-November 2026

TUESDAY/THURSDAY ACTIVITIES

November 5th | 10:00 am

MOVIE AND POPCORN – SENIOR KITCHEN

We will watch "Planes, Trains, and Automobiles. The film stars Steve Martin as Neal Page, an uptight advertising executive, and John Candy as Del Griffith, an overly friendly traveling salesman, who become unlikely companions after a snowstorm disrupts their travel plans. Stranded far from home, the pair embarks on a series of misadventures while attempting to get Neal home to his family in Chicago in time for Thanksgiving.

November 12th | 10:00 am

ARTS AND CRAFTS WORKSHOP – LOBBY

Make something for you or make something to donate to our "Holiday Market". There will be several different options for creating.

November 19th | 10:00 am

FRIENDSGIVING – SENIOR KITCHEN

The purpose of Friendsgiving is to celebrate gratitude, community, and connection with a "chosen family" of close friends rather than biological relatives. Come join friends for a simple soup and bread meal.

November 26th | CLOSED

HAPPY THANKSGIVING - Enjoy

Thanksgiving is a day when families and friends gather to express gratitude for the year's blessings over a shared feast. The holiday has evolved from a harvest celebration to a national tradition of togetherness and thankfulness through centuries of tradition building, mythmaking, and cultural change.



Beginning January 1st, "The Gratitude Jar" will be in the Senior Kitchen so that anytime we are down there, members will be invited to write for what they are grateful at that moment and put it in the jar. At next year's holiday luncheon, we will read them all.

WHAT ARE THE FIVE SIGNS YOU'RE AGING WELL?

The five primary signs you are aging well, according to longevity experts and clinical research featured in Real Simple and the New York Post, include:

Physical Strength and Mobility: You can easily handle everyday tasks like climbing stairs, carrying groceries, getting up from a chair without using your hands, or walking at a brisk pace.

Sharp Cognitive Function: You stay mentally engaged, learn new skills, remember details easily, and enjoy problem-solving activities like puzzles or reading.

Emotional Resilience: You maintain a positive or adaptive outlook on life, which helps lower chronic stress, support mental health, and buffer against isolation.

Strong Social Connections: You actively foster meaningful relationships, stay in touch with loved ones, or engage in community and volunteer groups.

Passion and Purpose: You have personal hobbies, routines, or goals (such as gardening, caring for family, or creative projects) that give you a clear reason to wake up each day.

EXERCISE CLASSES

Monday

- **Pilates from** 9:00 - 9:45 am, held in Studio A

Tuesday

- **Fit 4 Life** from 8:00 - 8:45 and 9:00 - 9:45 am, held in Studio D and on Zoom

Wednesday

- **Gentle Yoga** from 10:15 - 11:10 am, held in Studio A

Thursday

- **Fit 4 Life from** 8:00 - 8:45 and 9:00 - 9:45 am, held in Studio D and on Zoom

Friday

- **Pilates from** 9:00 - 9:45 am, held in Studio A
- **Gentle Yoga** from 4:00 – 5:00 pm, held in Studio A

Saturday

- **Gentle Yoga** from 8:15 - 9:15 am, held in Studio A

WATER CLASSES

Monday

- **Water Aerobics** 8:30 – 9:15 am
- **Aqua Fit,** 10:30 – 11:15 am

Tuesday

- **Water Aerobics** 6:45 – 7:45 pm

Wednesday

- **Water Aerobics,** 8:30 – 9:15 am
- **Aqua Fit,** 10:30 – 11:15 am

Thursday

- **Water Aerobics,** 6:45 – 7:45 pm

Friday

- **Water Aerobics,** 8:30 – 9:15 am
- **Aqua Fit,** 10:30 – 11:15 am

If you have questions or would like more information, please contact: Kathy Raiche-Stephens

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THANKSGIVING RECIPES FOR SENIORS

Some of the most traditional Thanksgiving dishes can be healthy for seniors and still be absolutely delicious. A few great Thanksgiving recipes for seniors include:

- Turkey – There is no need for seniors to give up the most basic of Thanksgiving staples. Turkey can be high in fat but depending on what part of the turkey you eat, it can also be a lean protein—ideal for seniors. Not eating the skin, sticking with the breast meat, and preparing it with as little extra butter or oil as possible are all ways to make turkey one of the healthiest and most delicious Thanksgiving dishes for seniors.





- Cranberry sauce – Another traditional dish, when homemade, cranberry sauce is full of benefits to seniors. The proanthocyanidins, also known as PACs, reduce inflammation, and the benefits of cranberries also include urinary, digestion, and metabolism health. Prepare them simply, simmering whole cranberries in water, using a natural sweetener like cane sugar or honey. Cranberry sauce needs some sweetening to balance the tartness, but not as much as commercial brands use. You can even add orange zest or chopped walnuts.
- Green beans – As a green vegetable at Thanksgiving, beans are at the top of many menu lists. They contain lots of fiber as well as vitamins A and C, which fight infections, and K, which is good for bone health. A casserole typically overcooks beans and thus causes some loss of nutritional value. Consider steaming the beans until al dente and drizzling fresh lemon juice over them or lightly sautéing them in olive oil with sesame seeds, sliced almonds, or chopped pecans.



- Sweet potatoes – This all-purpose vegetable is having a bit of a renaissance as people discover its many health benefits. Sweet potatoes aid digestion, help with diabetes by lowering insulin-resistance and balancing blood sugar, and can help manage blood pressure. They are also rich in antioxidants, beta-carotene and Vitamin A.



- Stuffing – As an alternative to bread-based stuffing, health-minded seniors often turn to rice as the basis for their stuffing. A brown and wild rice stuffing can include many of the same flavors and add-ons as a bread stuffing, such as mushrooms, celery, onion, sage, and rosemary. Cooked in the bird, it will draw flavor from the turkey's juices, but this stuffing can also be heated separately to reduce fat content.



WHAT IS A SUPERFOOD?

Superfoods are not a distinct food category on their own. Rather, this heroic-sounding name simply describes whole, minimally processed foods that are nutrient dense. Generally, superfoods contain healthy fats, vitamins, minerals, antioxidants, and other compounds found to promote good health and prevent illness and disease. While most are plant-based, certain fish and dairy products may also be considered superfoods.

What are the best superfoods for older adults?

There are many foods that are considered superfoods. No single superfood provides all the nutrition we need. That's why it's important to eat a wide variety of nutritious foods daily. Here are some nutritional rockstars known to contribute to healthy aging.

1. Dark leafy greens

Dark-colored leafy greens like kale and spinach are rich in carotenoids, which have been shown to protect the eyes against oxidative damage. Spinach is also loaded with vitamins A and C, which help protect the heart and moderate blood pressure levels. Vitamin K is another leafy-green nutrient, found to play a major role in preventing osteoporosis.

When it comes to leafy greens, it's important to watch out for interactions with any drugs you're taking:

- Spinach, kale, collard greens, broccoli and other leafy greens can make blood-clotting medications less effective.
- Green leafy veggies are rich in vitamin K, which interacts with the common blood-thinning drug warfarin (brand name Coumadin). Speak with your doctor before adding more leafy greens to your diet.

2. Cruciferous vegetables

This veggie family includes broccoli, cabbage, Brussels sprouts, and turnips—all of which are great sources of fiber, vitamins, and cancer-preventing phytochemicals. Toss them in soups, pasta dishes, and casseroles; steam them; or stir-fry them with seasoning and some olive oil.

3. Blueberries

Blueberries are rich in anthocyanins, a class of water-soluble flavonoids found in many colorful fruits and vegetables. In a recent study, researchers linked anthocyanins with improved cognitive performance in people with high levels of inflammation.

Blueberries also contain antioxidants, compounds that help protect our cells against free-radical damage and reduce the risk for heart disease and cancer. These flavorful, versatile berries can be added to smoothies and desserts, sprinkled over cereal, and of course, eaten all by themselves!

4. Nuts and seeds

From almonds and pecans to hazelnuts and pistachios, nuts are packed with antioxidants, fiber, and plant protein. They also contain monounsaturated fats, which are thought to help lower heart disease risk. As long as you have no known allergies, nuts make a delicious standalone snack or blended into pesto or used as a scrumptious salad topper.

Seeds are another satisfying superfood. A 2022 study found that the nutrients in chia seeds can help prevent cancer, GI tract-related diseases, and cardiovascular disease. Chia seeds may also aid in controlling type 2 diabetes, high blood pressure, and high cholesterol.

Something to keep in mind about nuts and seeds: They are high in fat and calories, so it's best to limit consumption to a small handful each day.

5. Eggs

Eggs have been a source of dietary controversy over the years due to cholesterol found in the yolk. However, skipping the yolk could deprive you of key nutrients such as vitamin B12, vitamin D, and selenium. Egg yolks also contain choline, a nutrient and neurotransmitter responsible for regulating mood and memory.

There is no official recommendation limiting how many eggs you should eat every day. Many sources suggest that eating one egg daily is reasonable for most people in good health (eating more could still adversely affect cholesterol levels in some people). Since eggs are high in protein, this superfood is an ideal choice for a hearty breakfast—scrambled, poached, hard-boiled, or sunny side up.

6. Salmon

Fatty fish is an excellent source of protein—a nutrient vital to maintaining muscle mass in older adults. It's also loaded with omega-3 fatty acids, which can help reduce the risk of heart disease. A great way to enjoy a fresh fish filet is to lightly season it, bake it, and serve with a side of cruciferous vegetables.

7. Plain Greek yogurt

When it comes to protein, Greek yogurt delivers. Just one cup has 17 grams of protein as well as 20% of the daily recommended intake of calcium. It contains probiotics, which help us maintain gut health.

Plain, unsweetened Greek yogurt is highly versatile. It can be topped with granola and berries or even be substituted for sour cream in certain recipes. Look for yogurt made with whole milk or reduced-fat milk with no added sugar.

8. Avocados

Avocado is a nutritional powerhouse, loaded with nourishing fats, antioxidants, and other nutrients that support head-to-toe health. This creamy-textured fruit is delicious in guacamole or spread on toast.

JOIN US IN CELEBRATING OUR TEAM MEMBER, KIM BOND!



October is Breast Cancer Awareness Month, and this past weekend, Kim participated in the Making Strides Against Breast Cancer walk alongside fellow advocates, survivors, and those impacted by breast cancer. Kim walks in honor of her best friend, who was diagnosed 27 years ago, as well as in support of those currently fighting breast cancer, survivors, and those we've lost to the disease. Through her efforts, Kim raised nearly $1,400 to support this important cause! We're proud to have Kim on our team and grateful for the care and dedication she brings to making a difference in our community. Thank you, Kim, for turning your support into action!



SENIORS GIVE TREATS AWAY TO OUR EARLY LEARNING CENTER KIDDOS FOR TRICK-OR-TREAT









