



Angel's Touch Assisted Living * 1350 Angel's Path, 394/400 Angel's Touch Court
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**Celebrating November
Be Thankful Month**

Election Day
November 8

Entertainer Jacks Oldies
1:00 PM, 400 Building
November 8

Path Finder's Bible Bingo
1:30 PM, 1350 Building
November 12

Veterans Day
November 11

**Entertainer Daniel's Gospel
Music**
1:00 PM, 394 Building
November 18

Thanksgiving Day
November 24

Ron's Christmas Program
1:00 PM, 1350 Building
November 25

November Has the Write Stuff

If you've ever had an idea for a novel percolating in your imagination but you've never found the time to write it, thank your lucky stars that it's November, Novel Writing Month. Thousands of people around the globe will wake up to a blank page on November 1 and attempt to write 50,000 words by the 30th. Some will have the help of an extensive outline, detailing many characters with their challenges, various settings, and exciting plots. Others will start with nothing and just let their imagination take over. The lucky ones may end up like Sara Gruen, who wrote her acclaimed novel *Water for Elephants* during 2006's Novel Writing Month.

On November 1, Author's Day, we can celebrate other published authors who started their books in November: Carrie Ryan wrote her *New York Times* zombie bestseller *The Forest of Hands and Teeth*, and Erin Morgenstern's *The Night Circus* took two November Novel Writing Months to finish her *New York Times* bestseller. Just don't end up like writer Ali Owens, who finished her 50,000 words but did so with "a lot of crying mixed with hysterical laughter." Writing, remember, should be fun.

If you need a few weeks to gather the courage to begin your novel in high spirits, wait no longer than November 15, I Love to Write Day. Most writers don't do it for the money but for the love of writing. The truth is that most books and stories don't pay the bills. Not many writers get million-dollar book contracts—pay is often sporadic at best. The real reason many people choose to write is that the effort dedicated to creating complex characters and the world they live in is incredibly satisfying in itself. So this November, don't write just because you want to sell your book; write because you have a strong passion for it. Your audience, whether that is your family and friends or thousands of adoring fans, will thank you for your efforts.

Able Baking

You may have discovered that baking homemade bread is not easy. Instead of getting a loaf of light, airy, chewy bread with a crispy crust, you end up with a dense, heavy loaf that is more like a brick. On November 17, Homemade Bread Day, follow these tips for baking the perfect loaf.



Yeast may be the most important ingredient in bread because it creates the bubbles that make bread rise. It also develops flavor. There are two common types of yeast: instant and active dry. The two can be used interchangeably, but active dry needs to be proofed (dissolved in warm water) and given more time to work. Yeast is a living thing that thrives between 70° and 100°F, but cooler conditions are best for a slow rise that builds flavor. Water should not be too cold or too hot, because it will also affect the environment for the yeast. All-purpose flour works fine, but bread flour has more protein, which better develops gluten.

Kneading is important to develop the gluten that makes the dough elastic and silky smooth. It also helps the dough keep its shape while the yeast develops gas and inflates the dough like a balloon. After kneading, you must wait. How long depends on humidity, altitude, and temperature. Your dough should roughly double in size. A good test of doneness is to press your finger into the dough. It should leave an impression.

The best ovens need to stay hot. Some people use baking stones or Dutch ovens because, when preheated, they retain heat for baking. A spray bottle will also help you create steam inside your oven. Place your dough onto your preheated surface, spray it with water, and score or slice the top of your dough with a knife. Let it bake for about 15 minutes, and then open the oven and spray the inside to create more steam. The steam encourages a crispy crust. Sit back and allow your bread to finish baking. Before long, you will have a beautiful, golden-brown loaf.

November Birthdays

Those born between November 1 and 21 are Scorpios. Scorpios are passionate and assertive leaders who value honesty and fairness above all. Betray a Scorpio and suffer the scorpion sting, but befriend a Scorpio, and you will have a friend for life. Those born between November 22 and 30 are Archers of Sagittarius. Archers are both confident and lucky and so often find success. Their infectious enthusiasm attracts friends to help them achieve their ambitious and lofty goals.

Marie Antoinette (queen) – Nov. 2, 1755
Art Carney (actor) – Nov. 4, 1918
John Philip Sousa (conductor) – Nov. 6, 1854
Mickey Mouse (cartoon) – Nov. 18, 1928
Boris Karloff (actor) – Nov. 23, 1887
Tina Turner (singer) – Nov. 26, 1939

Residents

Pat B. – Nov. 11
Virginia O. – Nov. 15
Rita A. – Nov. 17
Mary Lou S. – Nov. 19
Jean W. – Nov. 24
Jeannette S. – Nov. 28

From the Activity Directors Desk

The holidays are approaching fast and we have our annual Thanksgiving Dinner scheduled for Nov. 16. Again we will be providing you with a choice of attending at 4:30 PM or 6:00 PM. You need to make the reservation with **Lena** only, to ensure your reservation is not misplaced and the seating of your choice is not full. Reservations need to be made by Nov. 6. Please contact your family members and only one person contact Lena to make the reservation by text or calling 920-680-2420 or arlena_leurquin@yahoo.com. All text or emails will be confirmed with a text or email back. Please resend if you do not receive a confirmation. We ask that you please do not make reservations for more than a group of 6 as we would like to accommodate all our families comfortably. Please make your reservation promptly if you are only able to attend one certain seating time slot.

Happy Holidays!