



Lets Celebrate!

Staff Birthdays

Tammy L.	11/2
Kallie M.	11/6
Tammy M.	11/9
Hailey S.	11/10
Jenessa T.	11/11
Tammy A.	11/14
Kira E.	11/19
Youngor T.	11/19
Paige M.	11/23
Caley S.	11/23
Melanie P.	11/28
Ashley E.	11/30

Staff Anniversaries

Gabby M.	11/3	2 years
Tammy M.	11/7	3 years
Ashley P.	11/14	1 year
Love C.	11/20	1 year
Chloe L.	11/20	1 year
Hailey N.	11/30	3 years

Resident Birthdays

Joann H.	11/2
Frank P.	11/8
Kay M.	11/9
Sandy D.	11/15

Did You Know... November Fun Facts!

- Two of the most popular toys were first released in November, the board game Monopoly (1935) and the Easy-Bake Oven (1963).
- On November 2nd, 1948, Hubert H. Humphrey wins Minnesota's race for US Senate. During three consecutive terms he supports a medicare bill, a nuclear test ban treaty, and the Civil Rights Act of 1964.
- In November 1959, Luna 2, a spacecraft made by humans, landed on the moon for the first time. This huge achievement marked the beginning of many exciting discoveries about the moon.
- On November 12th, 1892, Walter "Pudge" Heffelfinger becomes the first professional football player in history. The Minneapolis-born Heffelfinger signs to play with the Allegheny Athletic Association and is paid \$500 for his role in the 4-0 victory over the Pittsburgh Athletic Club.
- The iron ore carrier Edmund Fitzgerald sank in Lake Superior on November 10, 1975, during a severe storm. The wreckage continued to wash ashore until November 17.



From the Executive Director

Hello Residents and Families of Fremont Village!

Your feedback means the world to us! At Fremont Village, we take great pride in providing exceptional care and creating a welcoming home for our residents. One of the best ways you can help us continue improving—and help others discover our community—is by sharing your experience in a Google review.

Whether it's a kind word about our staff, a favorite activity, or something that made you or your loved one feel special, your story helps others see what makes our community so unique.

Completing a review is easy! Simply Google search Fremont Village Senior Living > Click on "Google Reviews" > Click on "Write a Review" > Share a few sentences about your experience and click "Post".

We also have cards available at the front desk that contain a QR code you can scan and complete a review.

Thank you for taking a few moments to support our community. Your feedback helps us grow, celebrate our amazing team, and continue providing the best possible care and service!

Best,
Kendra Chambliss



Employee Spotlight



Tell us about your family!

I have one older sister (Halie), one younger sister (Stella), and one younger brother (Colin).

What is your secret talent no one knows about?

I do not have a secret talent.

What is your favorite season?

Summer is my favorite season, I love everything about it!

What is on your bucket list?

One thing on my bucket list is to travel to visit every ocean.

What are some of your hobbies?

I love spending quality time with my friends and family, hiking, traveling, and spending time outside.

Would you rather cook or order in, and why?

I would rather cook, I am spoiled to have family who can cook delicious meals.

If you could live anywhere, where would it be?

I would choose to either live out west in the mountains or down south in Florida by the beach.

What is your favorite thing about your job?

My favorite thing about my job is connecting on a personal level with the residents..

What did you want to be when you grew up?

When I was little, I wanted to be a marine biologist.



Camille Essig
Lead Home Health Aide



A Message from our Chaplain



From the Desk of the Chaplain -

This past month we have had special activities in our community centering on spirituality. Central to these activities was the practice of mindfulness, which means paying attention to what is happening right here and right now. Mindfulness is a good practice because it reduces stress, improves your mood, helps with memory, and supports heart health. It can also ease feelings of loneliness, improve pain management and deepen your connections with others.

You don't need fancy equipment or lots of time to do mindfulness. You can try these gentle practices:

Mindful breathing: Sit comfortably and take slow, deep breaths. Notice the air moving in and out.

- Gratitude moments: Each day, name one thing you're thankful for.
- Mindful walking: During strolls, notice the colors, sounds, and sensations around you.
- Body scan: Lie down or sit quietly and gently notice how each part of your body feels, from head to toe.

Chaplain Jean

Dementia Support Group

Wednesday November 5th at 5:00pm in the Community Room.

Please contact Mary Ann with any questions.



Maryann.Mulvihill@LifesparkSL.com

Did You Know...?

On Novemeber 26th, 1922, The tomb of King Tut was discovered by archaeologist Howard Carter.

Family Council Happy Hour!

Join us for our quarterly Family Council meeting on **November 20th at 5:30pm.** We will have drinks and snacks available, and we will discuss any questions, comments, concerns, or suggestions you might have.

We hope to see you there!

Greeting Cards

Fremont Village has greeting cards available for residents. These include birthday, anniversary, sympathy, thank you, etc.

Please stop by the front desk if you are in need of a card for a special occasion.

Nursing News

They say Gobble till you Wobble...



Here are some healthy eating habits for Thanksgiving Dinner to prevent the wobble.

- Stay active, keep moving. Walking in the morning of the feast will boost your metabolism and burn some calories.
- Eat breakfast. Don't starve yourself for the anticipated Gobble. This will control your appetite and prevent the wobble.
- Survey the buffet and focus on enjoying those foods that you only have once a year. Save the everyday choices for another time.
- Bring a healthy dish to the gathering.
- At the meal savor each bite. Eat slowly to enjoy the flavors. This will help your body signal you are full.
- Stay hydrated, drink plenty of water throughout the day. This helps you feel full and not overeating.
- Limit your 2nd trip to the food table, enjoy that 2nd helping the next day. Leftovers are the best.

And finally give thanks for your health, well-being, and being surrounded by the people who love us.

-Patti, RN/DHS

November Outings

- Hong Kong Buffet in Elk River - Thursday, November 13th at 11:15pm
- Walmart in Elk River - Monday, November 17th at 1:30pm

Remember to please sign up in the 'Outing Binder' by the mailboxes!



Maintenance

November is here and we're embracing the season change with colder temps and waiting for the snowflakes to fall. The boilers are on and heat is needed, so please report any issues you might be having. We will be coming around and putting your AC covers on for the winter this month, so if possible, please clear an area for us to get to your wall air conditioner. Please be safe and remember to report any issues to the front desk or staff members. Happy November! 🐓

- Dan, Maintenance Director

Community Events

Thursday, November 6th - National Nacho Day!

Join us at 2pm in the Bistro for a Nacho Bar.



Tuesday, November 11th - Veterans Day

Join us at 10am in the Bistro to visit with Veterans.
Coffee and donuts will be provided.



Friday, November 14th - National Pickle Day

Join us for Happy Hour with music in the Main Dining Room at 2:30pm with pickle-themed snacks.



Trivia

November was originally the ____ month in the ancient Roman calendar.

- A) tenth
- B) eighth
- C) twelfth
- D) ninth

Answer: D

Thanksgiving



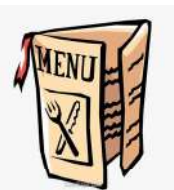
Join us for a delicious Thanksgiving meal! Please sign up at the front desk, maximum of 4 guests.

When: Thursday, November 27th 11:30am-1pm
Where: Fremont Village in the Main Dining Room

Reservations

With the holidays right around the corner, our Community Rooms are reserving fast! If you would like to reserve a Community Room for a holiday get together, please call the Front Desk.
There is no charge to reserve!

What's Cookin' in the Kitchen



Chef Chat is back! Meet with Sue to give your feedback on meals. First meeting is on Wednesday, November 19th at 2pm in the Pub.

*Chef Chat will be held every 3rd Wednesday of the month at 2pm in the Pub.

November 2025 - Assisted Living						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 SP Christ our Light Catholic Service on TV 30 1:00 VO Mexican Train [PD] 2:30 SO Meet with Friends in the Pub for Games!	 Schedule is subject to change. ◀ November continued	EM Emotional SP Spark Performance IN Intellectual PH Physical VO Vocational SO Social SP Spiritual OT Other	BIS Bistro CR Community Room FR Fitness Room L Lobby LC Legacy Court MDR Main Dining Room P Pub PD Private Dining Room			10:00 IN Let's Sing [LC] 1 1:00 EM Walking with Kelly or Emily [P] 2:00 SO Games with Kelly or Emily [P]
10:30 SP Christ our Light Catholic Service on TV 2 1:00 VO Mexican Train [PD] 2:30 SO Meet with Friends in the Pub for Games!	10:45 PH Gentle Fitness [CR] 3 1:00 IN Cribbage [PD] 1:00 IN Horse Racing [P] 2:30 VO Bunco, Left Center Right [P]	10:00 PH Sit and Be Fit with Brenda [FR] 4 10:00 SO Nail Painting - Sign up [P] 12:45 SP Spark Lifeguard Training [P] 2:00 SP Church with Chaplain Jean [CR] 2:30 IN Farkle or No Name Card Game [P] 2:30 SP Catholic Bible Study [PD]	10:45 PH Gentle Fitness [CR] 5 12:45 SP Spark Challenge - Arm Crank [P] 1:45 VO You be the Judge [P] 2:30 SO Coney Island Bags Outside Weather Permitting	10:00 EM It's Cookie Day Thursday! [BIS] 6 10:30 PH Drumming [P] 1:00 SO Let's Sing [P] 2:00 VO Lifelong Learning - [PD] 2:00 SO National Nacho Day [BIS] 2:30 VO Bingo [P]	10:45 PH Gentle Fitness [CR] 7 1:00 SP Really Big Show [FR] 1:00 PH Balloon Ball [CR] 2:30 SO Happy Hour Music with Mellow Nights [MDR]	10:00 IN Let's Sing [LC] 8 1:00 EM Walking with Kelly or Emily [P] 2:00 SO Games with Kelly or Emily [P]
Happy Birthday Kay! 9 10:30 SP Christ our Light Catholic Service on TV 1:00 VO Mexican Train [PD] 2:30 SO Meet with Friends in the Pub for Games!	10:45 PH Gentle Fitness [CR] 10 1:00 IN Cribbage [PD] 1:00 IN Let's Paint or Diamond Art [P] 2:30 VO Bunco, Left Center Right [P]	Veterans Day 11 10:00 PH Sit and Be Fit with Brenda [FR] 10:00 OT Veterans Please Gather in the Bistro for a Special Thank you [BIS] 10:00 IN Let's Paint [P] 11:00 IN Book Club [CR] 12:45 SP Spark Lifeguard Training [P] 2:00 SP Church with Chaplain Jean [CR] 2:30 IN Farkle or No Name Card Game [P]	10:45 PH Gentle Fitness [CR] 12 12:45 SP Spark Challenge - Leg Crank [P] 1:45 IN Conversation Ball [P] 2:30 SO Coney Island Bags Outside Weather Permitting	10:00 EM It's Cookie Day Thursday! [BIS] 13 11:00 IN Book Club [BIS] 11:15 SO Hong Kong Buffet Elk River [L] 2:30 VO Bingo [P] 3:35 VO Resident Council Meeting [P]	National Pickle Day 14 10:45 PH Gentle Fitness [CR] 1:00 PH Balloon Ball [CR] 1:00 SP Really Big Show [FR] 2:30 SO Happy Hour Music with Scott Fraiser [MDR]	Happy Birthday Sandra D. 15 10:00 IN Let's Sing [LC] 12:45 EM Saturday Matinee [P]
10:30 SP Christ our Light Catholic Service on TV 16 1:00 VO Mexican Train [PD] 2:30 SO Meet with Friends in the Pub for Games!	10:45 PH Gentle Fitness [CR] 17 1:00 IN Cribbage [PD] 1:00 IN Horse Racing [P] 1:15 PH Walmart Outing - Sign up [L] 2:30 VO Bunco, Left Center Right [P]	10:00 PH Sit and Be Fit with Brenda [FR] 18 10:00 SO Nail Painting - Sign up [P] 12:45 SP Spark Lifeguard Training [P] 2:00 SP Church with Chaplain Jean [CR] 2:30 IN Farkle or No Name Card Game [P]	10:45 PH Gentle Fitness [CR] 19 12:45 SP Spark Challenge - Walking Whizzer [P] 2:00 VO Chef Chat with Sue [P] 2:30 SO Coney Island Bags Outside Weather Permitting	10:00 EM It's Cookie Day Thursday! [BIS] 20 10:30 PH Drumming [P] 1:30 SO Monthly Birthday's 2:30 VO Bingo [P]	10:45 PH Gentle Fitness [CR] 21 1:00 SP Really Big Show [FR] 1:00 PH Balloon Ball [CR] 2:30 SO Happy Hour Music with Phil Berbig [MDR]	10:00 IN Let's Sing [LC] 22 1:00 EM Walking with Kelly or Emily [P] 2:00 SO Games with Kelly or Emily [P]
10:30 SP Christ our Light Catholic Service on TV 23 1:00 VO Mexican Train [PD] 2:30 SO Meet with Friends in the Pub for Games!	10:45 PH Gentle Fitness [CR] 24 1:00 IN Cribbage [PD] 1:00 IN Word Games/Trivia [P] 2:30 VO Bunco, Left Center Right [P]	10:00 PH Sit and Be Fit with Brenda [FR] 25 10:00 VO You be the Judge [P] 2:00 SP Church with Chaplain Jean [CR] 2:30 IN Farkle or No Name Card Game [P]	10:45 PH Gentle Fitness [CR] 26 1:00 SP Catholic Communion Service [CR] 2:30 SO Coney Island Bags Outside Weather Permitting	Happy Thanksgiving Everyone! 27 Thanksgiving Day 3:00 SO Games in the Pub! LCR, No Name Game, Bunco, Farkle [P]	Day after Thanksgiving Day 28 10:45 PH Gentle Fitness [CR] 1:00 PH Balloon Ball [CR] 2:30 SO Bingo [P]	Happy Birthday Joann 29 10:00 IN Let's Sing [LC] 1:00 EM Walking with Kelly or Emily [P] 2:00 SO Games with Kelly or Emily [P]
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