



November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Grocery Store 9am Gus's Restaurant 11am 1	2	3	4
Daylight Saving Time Ends 5		Election Day 7	Grocery Store 9am Park City 11am 8	9	Coffee Hour 9:30am 10	Veterans Day 11
12		Wreath Making RSVP Required 6-8pm 14	Grocery Store 9am Diener's Country Restaurant 11am 15	16	17	18
19	Bingo 2-4pm 20	21	Grocery Store 9am Park City 11am 22	Thanksgiving OFFICE CLOSED 23	24	25
26	27	28	Grocery Store 9am Park City 11am 29	30		

manor house APARTMENTS

1415 Spencer Avenue • Lancaster, PA 17603
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Wreath Making

Join us on **Tuesday, November 14** at 6:00pm in the community building. We will have a special guest showing us how to make a beautiful wreath that you can take home! The class limit is 10 people, so please RSVP as soon as possible. If we have more than 10 people interested we will hold another class at a later date.

Holiday Hope Box

As the holiday season fast approaches us, we ask that you help us in providing families in need with a brighter holiday this year. Extending through the month of November we will be accepting donations for Holiday Hope. There will be a box located in the rental office. You may bring your new unopened items anytime during business hours. For more information on Holiday Hope, visit <http://www.holidayhopelancasterpa.com/>. We are very excited to partner with Holiday Hope to make it a wonderful holiday for families in need!

Friendly Reminder

Rent is due on the 1st of each month and late after the 8th. Any payment received after the 8th of the month will incur a \$35 late fee. Payments can be made on your resident portal free of charge when you use an E-check. You may also mail your payments to our bank. Please let the office know if you need your Tenant portal activation or rent cards sent to your apartment. We will be happy to get you all set up!

Daylight Saving Time Ends

Fall back by setting your clocks back one hour as Daylight Saving Time ends on **Sunday, November 5**.

Home for the Holidays

The holidays are a perfect time to visit with family and friends. We hope this season will bring many happy times with those who are special to you. Please be courteous of your neighbors. Advise your guests to park in the designated areas and adhere to community quiet hours. For more information about these matters and other community policies, please contact the office.

Wednesday Activities

We invite any and all our residents to join us for our bus trips on Wednesdays. If you haven't participated before, we encourage you to check out our schedule. Any resident is allowed to ride the bus and participate in any resident event. Just call into the office and reserve your seat before they are all taken, plus the ride is free! Check out the calendar for all Wednesday activities.

Feeling the Chill?

The cold weather has arrived and your homes may seem chilly. Therefore, you may want to apply the covering to your air conditioner units and replace your screen door with the storm window. If this is a service you need maintenance for, please call the leasing office and we will take care of it for you.

Turn It On

Many of you will be turning on your heat for the first time this season and are likely to notice a musty or burning smell. Dust and dirt can collect in the ductwork which causes the odor. If this smell persists, please call the office and we will be glad to check it out.

November 2017

Staff

Jessica Menard
Resident Manager

Holly Emerick
Rental Consultant

Brittany Jones
Rental Consultant

Warren Emswiler
Maintenance Supervisor

Scott Schmidt
Assistant Maintenance Supervisor

Brendon Markley
Maintenance Technician

Patty Cepeda
Housekeeping

Office Hours

Monday-Friday
9am-5pm

Saturday
9am-1pm



NOVEMBER

Lots to do and Celebrate in November!

NOVEMBER 5
Daylight Saving Time
ends in most areas of
our country

NOVEMBER 7
Election Day
State, County and Local
elections are held today

NOVEMBER 11
Veterans Day
a day to honor and thank all
military personnel who served
the United States

NOVEMBER 13
World Kindness Day
practice kindness to
everyone you see today

NOVEMBER 16
Great American Smokeout
let this month be the
last month you smoke

NOVEMBER 23
Thanksgiving
we have so much to be
thankful for

EASY SWEET Potato CASSEROLE



1 - 40 oz. can of cut
sweet potatoes (Yams)
3/4 stick of butter
(softened)
2 eggs
1/2 cup sugar
1 tsp. cinnamon
3/4 cup raisins (optional)

Topping (mix all together):
2 Tbs. butter (softened)
1/2 cup firmly packed
brown sugar
2 Tbs. flour
1/2 cup dry roasted
peanuts (finely chopped)
or pecans (chopped)

Heat oven to 350 degrees then mix the first
6 ingredients together in a medium size bowl.
Pour the mixture into a 1 - 1/2 quart casserole dish.
Spread the topping on top of the dish.
Bake 30 minutes in oven.

I Am Thankful

This time of year we all gravitate towards being thankful. But if we could see the benefits of thankfulness, we might just do it throughout the year.

Did you know that grateful people experience fewer aches and pains? They take better care of themselves and exercise more.

Gratitude effectively increases happiness and reduces depression. And if you regularly spend 15 minutes before bed journaling some grateful sentiments, you might sleep better and longer.

Gratitude reduces stress, increases mental strength and may help overcome trauma.

HERE ARE SOME PRACTICAL AND FUN WAYS TO PRACTICE THANKFULNESS THIS MONTH:

- Have a thankful basket with pens and paper. Each day have family and friends write down what they are thankful for. At the end of the week have someone read the responses outloud. A great activity for visiting family and friends on Thanksgiving Day.
- Plant your own family tree by decorating a small potted tree or branches inside and use binder clips and pieces of twine to hang photos of family and friends on the tree.
- Set up an annual appreciation award complete with fun trophies. Have your family or just you, think of accomplishments or why you are thankful for each member. You might be surprised at some of the comments and how this takes off year after year.
- Create your own thankful wall art by printing some of our favorites in our *Hassle Free Newsletter November Pinterest* page.
- Extend your thanksgiving by picking a food pantry or homeless shelter and asking guests and family members to donate non-perishable food or coats/scarves/gloves when they come over during the month of November.
- Start a Family and Friends Gratitude Journal. Provide a blank notebook and have each person record what they are thankful for. It will be fun to see how everyone has changed and grown throughout the years.
- Spend a bit of extra time and create a thanksgiving time capsule with a three ring binder scrapbook. Keep it easy by displaying some of your favorite photos and writing recipes and memories.
- Get the conversation going with prompts such as "A time you were thankful for Neighbor, Home, Mom, Friends, Pet," etc.
- Paper placemats made from construction paper provide young and old alike with a platform to write or draw their thanks.
- The craze is on with painted rocks to hide throughout your town. Provide guests and family with rocks and marking pens to decorate their own and then go and hide them.



Television has come a long way since it began. Check it out!

- 1884** German inventor Paul Nipkow achieved black and white television transmission.
- 1926** J.L. Baird unveiled the first T.V.
- 1941** The first television advertisement was for Bulova watch. It lasted 20 seconds and cost \$9.00.
- 1948** Over one million American homes had television.
- 1963** After President Kennedy's death, the networks aired four days of commercial-free coverage of his funeral, burial and other proceedings, costing them \$100 million in lost advertising revenue.
- 1969** The first moon landings were watched by over 600 million people.
- 1973** One billion people watched a live performance of Elvis Presley from Hawaii on January 14, 1973.
- 1984** Americans cast more votes in the election of American Idol Taylor Hicks than the 1984 Presidential election of Ronald Reagan.
- 2004** The number of T.V. sets in the UK overtook the number of people.
- 2011** When the "Game of Thrones" series was adapted by HBO into a TV series, a linguist was hired to expand the fictional "Dothraki" language into more than 3,000 words and phrases.

Thanksgiving Day

WORD SEARCH

T H U R S D A Y M B S V
B S D I B E G L R N R L
R V T A R G V E G W U C
N O I T I D A R T F E R
L G F U E D Y I K L H E
B U W R I F U N E T L B
O D F K P M A B G T G M
K T J E Y H R M R B K E
H Q H Y T A L M I C N V
E K A B T A H L C L R O
V N X E V R R G A I Y N
F R U H V P H G L F Q V

BAKE	FAMILY	THANKFUL
BREAD	GRATEFUL	THURSDAY
CELEBRATE	NOVEMBER	TRADITION
FALL	PIE	TURKEY

NOVEMBER 24
BLACK FRIDAY
Make your plans, prepare your budget and get ready to get some major shopping done at retail stores.

NOVEMBER 25
SMALL BUSINESS SATURDAY
Help your communities grow by supporting your local shops. #shopsmall

NOVEMBER 27
CYBER MONDAY
Get some of the best deals online by planning ahead, without leaving your couch!

NOVEMBER 28
GIVING TUESDAY
Give back on #GivingTuesday is a day to give to your favorite charity/cause.

Check out our Pinterest page [Hassle Free Newsletter](#) to see even more great ideas!

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