Arbor Village

NEWSLETTER



November 2026

Special Events

November 4th - Special Resident Dinner
November 5th - Diwali Celebration
November 10th - Veteran's Assembly
November 11th - Veteran's Lunch
November 12th - Intro to Hospice Meeting & Mocktail Social Hour
November 13th - November Craft, Caramel Apple Bar, & Cabaret
November 17th - Diner Night
November 18th - Hymn & Devotion, Emmy on Piano
November 20th - Annual Family Thanksgiving
November 22nd - Worship with the Schaffers'
November 24th - Pie Tasting

November is the perfect time to celebrate aviation. National STEM/STEAM Day on November 8 highlights the science and engineering behind flight; Veterans Day on November 11 honors those who have served in the U.S. armed forces; and National Aviation History Month recognizes the remarkable advances that have transformed the way we live.

The story begins on December 17, 1903, near Kitty Hawk, North Carolina. On that windy day, Orville and Wilbur Wright achieved the first sustained, controlled, powered flight of a heavier-than-air aircraft. Orville's first flight lasted just 12 seconds and covered only 120 feet, but it proved that powered flight was possible. Before long, the brothers were making longer, more controlled flights, laying the foundation for modern aviation. Their achievement was much more than a mechanical breakthrough. It combined science, engineering, mathematics, and careful experimentation—exactly the skills celebrated during National STEM/STEAM Day. The Wright brothers tested hundreds of wing designs in a homemade wind tunnel and solved problems that had frustrated inventors for decades. Their success showed how persistence and innovation can turn an ambitious idea into reality.

Aviation advanced rapidly during the 20th century. Airplanes became increasingly important during World Wars I and II, serving in reconnaissance, transportation, rescue missions, and combat. Veterans Day is an opportunity to recognize the pilots, crews, mechanics, and support personnel whose service helped shape aviation history.

After the wars, commercial aviation expanded dramatically. Air travel connected distant places, boosted trade, delivered emergency supplies, and made international travel routine. The spirit of flight also paved the way for space exploration. Today's astronauts and aerospace engineers continue building on more than a century of aviation advances. National Aviation History Month reminds us that one 12-second flight at Kitty Hawk changed transportation, military history, and exploration forever.

Meet our Directors!

Jennifer Shegrud | Executive Director
JenniferS@cascadeliving.com

William Tinghitella | Business Office Manager
WilliamT@cascadeliving.com

Tiffany Tarantino | Director of Sales & Marketing
TiffanyT@cascadeliving.com

Kaera Dixon | Director of Dining Services
KaeraD@cascadeliving.com

Madison Beatty | Life Enrichment Director
MadisonB@cascadeliving.com

Anthony Sheppard | Plant Operations & Maintenance Director
AnthonyS@cascadeliving.com

Aprille Medina | Wellness Director
AprilleM@cascadeliving.com

- Creative
- Intellectual
- Meal
- Physical
- Snack
- Social
- Spiritual
- Vocational

Happy Birthday!

Patricia E. - 2nd
Donna S. - 10th
Joanne L. - 13th
Darlene V. - 15th
Roger B. - 21st



Exercise Schedule

Exercise is held every day at 10:30 am in the activity room! There are always extra exercise schedules available at the front desk.

On Mondays we have Marshal, a fitness instructor; come in and do seated, slower tempo exercises.

Tuesdays & Thursdays are a Zumba class with Claudia, who is very high energy and includes high tempo music to go along with every exercise.

We also include meditation, Thai chi, yoga, stretching and deep breathing exercises throughout the week.