



Nov 2018

St. Francis Manor

1750 20th Avenue
Vero Beach, FL 32960
SFM is a 501 (C) 3 - Not for Profit, Private Corporation

Executive Director:

Linda Scott
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911 police, fire & medical

Non-Emergency Police:

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Web Site:

stfrancismanor.org

Facebook:

stfrancismanor



“Affordable, independent apartments for seniors in an attractive, safe & socially supportive environment.”

OKTOBERFEST 2018



“If you need something to be grateful for then check your pulse. Always be thankful for the gift of life!

Be Thankful!



“Eat, Drink and be Thankful!”



THANK YOU, Holy Cross Catholic Church Volunteers!



A Line from Linda

Greetings!

A number of years ago, I saw a book promoted on the *Oprah Winfrey* show entitled "Simple Abundance" by Sarah Ban Breathnach.

"Simple Abundance is a book of evocative essays - one for every day of the year - for women who wish to live by their own lights."

It intrigued me so I rushed to the book store (pre amazon days) and purchased a copy, and with the book came a gratitude journal. The instructions were to read the daily essay and then write down five things a day for which you are grateful.

This sounded easy enough and so my journey of journaling began! At first, it was very easy to think of five things for which I was thankful but as the days went on, it began to take some time to think of daily blessings. Things that we take for granted and never think to give thanks for, such as, a hot cup of good coffee, a cool breeze, a child's smile of appreciation, a warm bed, and on and on.

After a few months of writing in my daily gratitude journal, I grew to appreciate the simple things and was so much more aware of the blessings in my everyday life!

Unfortunately, over the years, I got away from keeping the journal but I try to stay mindful of all my many blessings and continue to be grateful each and every day.

Happy Thanksgiving to you all!

*Blessings,
Linda*



November Birthdays

Debbie Hearon	H-12	11/7
Barbara DeLuca	G-8	11/9
Gloria Brustowicz	I-4	11/10
Jody Hill	F-5	11/17
Francine Chenrick	C-9	11/18
Robert Taylor	A-8	11/18
Carol Morley	I-6	11/20
Richard Rorick	C-4	11/28

Board Members:

Tem Fontaine 11/11

Staff:

Phil Summerall 11/18



SHOW YOUR SUPPORT

St. Francis Manor

Annual Bazaar & Yard Sale

Saturday - Nov. 3rd

8:00 to Noon

Delicious Home made soups!

Tasty Baked goods!

Lots of Books!

Beautiful hand crafted items!

Fall
Bazaar

Riverside Theatre Festival of Trees

"FAVORITE THINGS" is the theme
for 2018

Friday - November 16th - 10:00

Bus departs at 9:45



**Join Us at
Our Town Hall
Meeting**

SFM Annual Town Hall
Meeting

Tuesday - Nov. 20th - 5:00

Come one, come all!

The Manor Bulletin Board



BINGO

Mondays

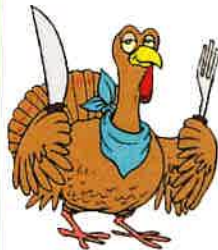
Nov. 12th & 26th

Dinner @ 5:30

Bingo @ 6:30

Thanksgiving Dinner

Thursday-Nov. 22nd



12 noon

Please be sure to sign up!

GOBBLE

GOBBLE

VNA Blood Pressure Screening and Blood Sugar Screening - Monday - Nov. 12th @ 9:00

(Be sure to fast for the blood sugar)



Praying the Rosary Tuesdays @ 10:30



SFM PRAYER GROUP

Monday Mornings at 10:00 in the conference room.



Vero Beach Rhythm Band and Chorus

Friday - Nov. 30th - 10:00



Bible Study Mondays @ 1:30



Shoeboxes are now available to fill for children for Christmas!

Pick up your shoebox, follow the instructions and return to the office no later than November 14th.



"Holidays for Heroes"

Once again we will be collecting items for our soldiers for Christmas and packing the boxes on Wednesday, Nov. 13th at 2:00. Please bring your items to the hall prior to this date! The list of items to donate is on the bulletin board in the social hall.

Deacon Joe Tuesday Nov. 20th 10:15



Nurse-on-Call & Health South Trivia

Wednesday - Nov. 21st @ 10:00

Come join us for some trivia or bingo fun!



Dinner Out Sunday - Nov. 11th - 4:00

Catholic Services Sunday Mornings at 10:00



Board of Directors 2018

Linda Colontrelle, President
772-473-0288

Tem Fontaine, VP
772-538-4324

Theo Perry, Treasurer
772-643-2598

Sharon Knowles, Secretary
772-360-5076

Anthony Dzielski
772-766-0415

Maria Elena Kitchell
772-205-0938

Gladys LaForge
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Betty Rollins
772-562-7578

Susan Simmens
772-532-6338

Larry Thompson
772-567-4266

Bill Zorc
Honorary Member
772-713-0607

Louis Schacht
Honorary Member
772-559-3978

For more information about
the Manor -
Contact. . .
Linda W. Scott
Stfrancismanor@aol.com
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**"Providing affordable,
independent
living to senior citizens
on a limited
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Volunteers of the Month - Jeannette Verna - E11

Jeannette has been volunteering at SFM since she began residing here in March 2015.

Jeannette's expertise in tablecloth folding would make Dottie proud and her desserts for bingo nights are always delectable!

Thank you, Jeannette, for jumping in to help and assist wherever needed!



Why are "PLEASE" and "THANK YOU" magic words?

Saying "please" and "thank you" is a part of etiquette, or good manners. And good manners make both your home and the world a more thoughtful and generous place. The words "please" and "thank you" are special words because they make dealing with other people go more smoothly. People have to ask for help or permission all the time. Saying "please" shows that your request also comes with respect for the person you are asking. People are usually more willing to fulfill the requests of those who treat them with respect. And after someone gives you something or assists you, it is polite to say "thank you" to show your appreciation. Someone whose actions are appreciated will be more likely to help you out or be generous again.



Saint Francis Manor

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772 562-8575



Happy Thanksgiving

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>"If the only prayer you ever say in your entire life is thank you, it will be enough." Meister Eckhart</p>			<p>1 Publix - 9:00 Hall Cleaned 1-3</p>	<p>2</p>	<p>3 SFM Bazaar 8 to noon  Fall Bazaar & Craft Show</p>
<p>4 Catholic Service -10:00 </p>	<p>5 Prayer Group 10:00 Bible Study-1:30</p>	<p>6 Rosary-10:30 Election Day! </p>	<p>7</p>	<p>8 Walmart-9:00 Hall Cleaned 1-3</p>	<p>9 Operation Christmas Child Boxes Due in! </p>	<p>10</p>
<p>11 Catholic Service-10:00 Dinner Out 4:00</p>	<p>12 VNA-9:00 Prayer Group 10:00 Bible Study-1:30 Dinner-5:30 Bingo-6:30 THANK A VETERAN!</p>	<p>13 Rosary-10:30 Packing Boxes for the troops 2:00 </p>	<p>14 Dr. Serrano Podiatrist & My Health Presentation 10:00</p>	<p>15 Publix - 9:00 Hall Cleaned 1-3</p>	<p>16 Festival of Trees 9:30 </p>	<p>17</p>
<p>18 Catholic Service-10:00</p>	<p>19 Prayer Group 10:00 Bible Study-1:30</p>	<p>20 Deacon Joe-10:15 Rosary-10:30 TOWN HALL MEETING-5:00</p>	<p>21 Walmart-9:00 Trivia/Bingo with Nurse on Call & Encompass Rehab - 10:00</p>	<p>22 Thanksgiving Dinner - noon </p>	<p>23 Thanksgiving Holiday Office Closed</p>	<p>24</p>
<p>25 Catholic Service-10:00</p>	<p>26 Prayer Group 10:00 Bible Study-1:30 Dinner-5:30 Bingo-6:30</p>	<p>27 Rosary-10:30</p>	<p>28</p>	<p>29 Publix-9:00 Hall Cleaned 1-3</p>	<p>30 Vero Beach Rhythm Band & Chorus-10:00</p>	