



our lifelong learning institute, will offer topics on a wide variety of interesting topics in November. There are openings in most of the classes, so you are still welcome to register and attend. We will learn about household chemistry products and processes (November 2), living in the Middle East (November 3), off-screen with Neil Armstrong (November 15), immigration in southeastern Pennsylvania (November 17), and music of the Christmas season (November 29 and December 6). Contact Maribeth Benner, Living U Coordinator, at extension 44204 for more information.

NOVEMBER CLASSICAL MUSIC SELECTIONS BY JIM SMITH

Channel 2 will feature musical selections compiled by Jim Smith on November 5 2:00 p.m., November 12 7:00 p.m., November 13 2:00 p.m. and November 20 7:00 p.m.

EXCITING NEW WATER EXERCISE PROGRAMS!

Aqua Fall Prevention – Tuesdays at 10:00 a.m.

This program is designed to enhance balance, coordination, muscular conditioning, and gait walking. This class will combine hand-eye coordination exercise, walking patterns, and strength training exercise to support you with the buoyancy of the water.

Making Waves – Thursdays at 10:00 a.m.

Your body is the machine, the water is the low-impact resistance! Did you know water exercise lowers weight on your joints, tendons, and ligaments by 90%? This class is a fun water cardio and range-of-motion class. We will use mainly our body weight as resistance. This program will include all water movement patterns, aerobics exercises, and deep breathing that all help enhance cardiorespiratory fitness, circulation, and will help support your bone and joint health.



HOTLINE INFORMATION
Café/Dining Room Menu: 215-368-4438, extension 56789
Dining Reservations: 215-565-2407 or extension 52407
Fitness & Aquatics: 215-565-0236 or extension 50236
Information Technology: 215-412-5511 or extension 25511

WELLNESS CENTER

Grandview Hospital Lab Services are available by appointment only for residents of Dock Acres, Dock Gardens, the Villas and residents of Dock Manor who have joined the Wellness Center. Please bring your lab and any therapy orders to Maria Popp in the Wellness Center at least 48 business hours before your requested appointment. **Labs are drawn Mondays at 9:00 a.m., Tuesdays at 7:30 a.m. and Thursday at 7:30 a.m. in the Wellness Center Clinic.**

The walk-in Wellness Clinic is open daily Monday through Friday from 8:45-10:45 a.m. and on the 2nd and 4th Friday of the month from 1:30-3:30 p.m. or by appointment at any other time. You can schedule a time to see Maria during her normal office hours of 7:00 a.m. to 3:30 p.m. Monday through Friday.

To make an appointment with the following doctors:

Please inform them that you will be seen at Dock Woods.

- Dr. Arthur Donley, Podiatrist
Call: 215-361-5769
- Dr. Christine Kilczewski, TriValley Primary Care (Lansdale) or Brigitte Harken, CRNP, TriValley Primary Care
Call: 215-361-5010
- Dr. Andrea Pellegrino, TriValley Primary Care (Quakertown) or Brigitte Harkin, CRNP
Call: 215-536-0655
- Dr. Patricia Reiff, Associates in Hearing
Call: 215-855-4217

**** Please bring your insurance cards and list of medications****

DOCKET

DOCK WOODS

V.A.M.M VETERANS DAY CONCERT

In celebration of Veteran’s Day which is on Friday, November 11, we have invited V.A.M.M., Veterans Association of Military Musicians to perform on **Thursday, November 10 at 7:00 p.m.** in the Chapel for this Veteran’s Day Concert. V.A.M.M., co-founded in 1996 by Chief Warrant Officer (Retired) Raymond Helinsky, and his wife Staff Sergeant (Retired) Anna Marie Helinsky, is an organization of retired military musicians located in the suburban Philadelphia area. Captain Gordon Bell, a retired U.S. Coast Guard officer and resident of Dock Woods, will be introducing the military musicians, and recognizing all of our Veterans who reside at Dock Woods. Following the concert a DONATION will be received. Remember to wear your Red, White, and Blue!

MEN AND WOMEN’S JOINT BREAKFAST

Attention ladies and gentlemen, you are cordially invited to attend the annual Men and Women’s Joint Breakfast at **8:30 a.m. on Friday, November 11 in the Fisher Auditorium.** This year the men and ladies breakfast committees have invited Tom Burgoyne who has been performing as the Phillie Phanatic for over thirty years. The Phillie Phanatic has been widely acclaimed over the years as one of sports best mascots. Come learn about Tom’s journey and how he first donned the Phanatic costume in 1989 after answering an anonymous want-ad in the Philadelphia Inquirer. Tom has been a familiar face on the local and national interviewing circuit, appearing frequently on TV and radio programs as the “Best Friend of the Phanatic.” Tom has been a successful speaker in the Delaware Valley, and the author of his new book, *Pheel the Love – How the Most Powerful Force in the Universe Builds Great Companies.* (Books will be available for purchase). Please make your reservations with Eileen Burks by calling or emailing her at 215-368-4438, extension 44121, or Eileen.burks@livingbranches.org by Tuesday, November 8. The price of the breakfast is \$8.55 per person, plus tax. A DONATION will be received following the presentation. Come *PHEEL THE LOVE* and reach for the stars! GO PHILLIES!

RIVER OF GRACE GOSPEL QUARTET

By popular demand we have invited River of Grace Gospel Quartet to sing in the Chapel on **Tuesday, November 15 at 2:00 p.m.** River of Grace is a newly formed Gospel group based in the Lehigh Valley area. Members of the quartet are Don Smith, Terry Smith, Ossie Meyers, Neal Hartranft, and Pastor Keith Easley. Between the members they have 70 years combined experience in the Christian music field, and their afternoon program consists of a blend of traditional and Southern Gospel music styles. Drawing on their extensive ministry experience, they share the Word and bring personal testimony through music to a variety of denominations reaching out to hurting hearts with message-filled songs that have personally impacted the lives of each member of the group. Following the concert A LOVE OFFERING will be received. Invite your family and friends to join you at this special event!

COMMUNITY EVENTS

BALANCE SCREENING TUESDAY, NOVEMBER 1 & 15 10:00 a.m. (FC)

Stop by the Fitness Center and sign-up for a basic balance screening with one of our amazing physical therapists! This will help establish a positive baseline for your health and longevity, as well as to develop a positive direction forward. Sign up for a time slot by calling Mike at extension 44153. Please dress comfortably.

SERVICE OF REMEMBRANCE THURSDAY, NOVEMBER 3 2:00 p.m. (CH)

Our Service of Remembrance will be held in person in our Chapel. We gather together as family members, friends, and staff to remember the residents of Dock Woods who have passed in the last six months. We gather to honor their memory, to give thanks for their lives, and to place ourselves in God's presence for strength as we say our good byes. All are invited to this special service of remembering together.

VETERAN'S DISCOUNT ID PROGRAM THURSDAY, NOVEMBER 3 2:00 p.m. (FA)

Attention veterans, you are invited to attend the 2:00 p.m. program in the Fisher Auditorium on November 3 to learn about the Recorder of Deeds Veterans' Discount ID program. The Recorder of Deeds is where veterans should record their military discharge documents in Pennsylvania. They record these important documents in perpetuity on their secure database so they are easily accessible for the veteran and their families. Veterans who

record their discharge documents with the Recorder of Deeds are eligible for a Veterans Discount ID card, good for discounts at more than 650 businesses across the county. Recording the veteran's discharge documents and the Veteran's' Discount ID is completely free for the veteran. Please join Jeanne Sorg who was elected Montgomery County Recorder of Deeds in November 2015 and assumed office in January 2016. Besides her position as Recorder of Deeds, Jeanne is currently Mayor of Ambler Borough. Mark your calendars!

SENTIMENTAL MEMORIES WITH SETH FRIDAY, NOVEMBER 4 2:00 p.m. (DOCK GARDENS NORTH ATRIUM/Fish Pond)

Seth would like for you to join him for a joyous journey into some of the sentimental sounds that give us that autumn aura. We will come together to sing & play sentimental ballads, love songs, and jazz standards. We will also have the chance to take part in a mindful relaxation session to live music. This mindful relaxation can help us to release stress in the mind & body. No musical experience or skills required.

RL NOVEMBER BIRTHDAY CELEBRATION WEDNESDAY, NOVEMBER 9 2:00 p.m. (FA)

All Residential Living residents are invited to attend the monthly birthday celebration. If you are a November birthday celebrant, please call or email Eileen Burks at 215-368-4438, extension 44121, or Eileen.burks@livingbranches.org

RESIDENT BIRTHDAYS AND UPDATES

by Tuesday, November 8, if you plan to receive your birthday plant. This month we have invited vocalist, Michael Evans to entertain us! Don't forget to mark your calendars, and join us for a fun birthday celebration!

AMICI OPERA COMPANY- PUCCINI'S "TOSCA" SUNDAY, NOVEMBER 13 2:30 p.m. (CH)

Please join the Amici Opera Company under the Artistic Direction of Ralph Tudisco in the Chapel at 2:30 p.m. on Sunday, November 13 for the fully staged opera in costume, as they perform Puccini's "Tosca." The residents of Living Branches are free with their ID badge. There is a fee charged to guests at the sign in table located at the Chapel porch hallway entrance.

"THANKFUL" CHAIR BINGO MONDAY, NOVEMBER 14 2:00 p.m. (RR)

As we give thanks for all our blessings this month, we invite you to join us in the recreation room for an hour of enjoyable bingo games. At "Thankful" chair bingo you will receive a NEW bingo sheet per game. Bring along a pencil or marker, and a magazine or book to support your bingo sheet. Make your reservation by calling or emailing Eileen Burks at 215-368-4438, extension 44121, or Eileen.burks@livingbranches.org Save the date!

AARP SMART DRIVER REFRESHER COURSE FRIDAY, NOVEMBER 18 12:00-4:00 p.m. (Ed Center)

Residents with reservations for the class will be joining AARP

This page was removed to protect the privacy of our residents.

RESIDENTIAL LIVING TRIPS

RL DINE AROUND MOCCIA TRAIN STOP TUESDAY, NOVEMBER 15 4:30 p.m. (TRIP)

The Living Branches coach will be traveling to Schwenksville, to enjoy dinner at 5:30 p.m. at Moccia Train Stop. At the restaurant you will order off the menu, be seated at tables of 4 & 6 and receive separate checks. Sign up with Eileen Burks by calling or emailing her at 215-368-4438, extension 44121, or Eileen.burks@livingbranches.org

The coach will pick up at each entity beginning at 4:30 p.m.

DUTCH APPLE DINNER THEATRE-"ELF, THE MUSICAL" TUESDAY, NOVEMBER 22 9:00 a.m. (TRIP)

The Living Branches coach will be transporting residents with reservations to the Dutch Apple Dinner Theatre in Lancaster to enjoy the hot buffet and afternoon show, "Elf, The Musical." The coach will pick up at each entity. Approximate return home to Dock Woods is 6:00 p.m.

INDIAN VALLEY PUBLIC LIBRARY MOVIE: "EMMA" TUESDAY, NOVEMBER 29 1:15 p.m. (TRIP)

The Living Branches coach will be transporting Dock Woods residents to the Indian Valley Public Library to enjoy the 2:00 p.m. movie, "EMMA." This movie is a 2020 period romantic comedy film based on Jane Austen's 1815 novel. It stars Anya Taylor-Joy as Miss Emma Woodhouse, a wealthy and elegant young woman living with her father in Regency-era England who amuses herself with matchmaking and meddles in the

romantic lives of those closest to her. The film stars Johnny Flynn, Josh O'Conner, Callum Turner, Mia Goth, Miranda Hart, and Bill Nighy. The price of this trip is \$3.50 per person. Sign up with Eileen Burks by calling or emailing her at 215-368-4438, extension 44121, or Eileen.burks@livingbranches.org. The coach will pick up at each entity beginning at 1:15 p.m.

PERKIOMEN TOURS & TRAVEL YULETIDE AT WINTERTHUR & NEMOURS ESTATE THURSDAY, DECEMBER 15 8:00 a.m. (TRIP)

Christmastime is just around the corner and we would love for you to join us on this chartered tour with Perkiomen Tours & Travel on Thursday, December 15 at 8:00 a.m. We will board the coach at the Fisher Auditorium entrance and arrive at the Winterthur Museum at 10:00 a.m. where we will enjoy the self-guided tour of Henry Francis duPont's former home decorated in full holiday splendor. This year the tour includes the Jacqueline Kennedy exhibition, and several trees inspired by Christmas at the White House. Also enjoy the outside air tram tour of the gardens which runs every 30 minutes. At 12:15 p.m. lunch is included at Mendenhall Inn Restaurant with a menu choice of A. Broiled Crab Cakes, B. 6oz. Filet Mignon, C. Garden Vegetable Wellington. At 2:15 p.m. enjoy the self-guided tour at the Nemours Estate built by Alfred I DuPont for his wife on a 3000-acre plot in Wilmington. The estate celebrates the holiday season with 17 Christmas trees, 19 wreaths and a 19th-century German crèche. The price of this trip which

includes the served lunch, tax and gratuity for lunch, museums, and Perkiomen Driver's gratuity is \$140.00 per person. Sign up by calling or emailing Eileen Burks at 215-368-4438, extension 44121, or Eileen.burks@livingbranches.org. Approximate return home to Dock Woods is 6:15 p.m. Guests are welcomed!**There are a few seats remaining, deadline for sign-up's will be Monday, November 7, 2022.**

COMMUNITY EVENTS

instructor Judy Pfander in the education center(Oakwood Court basement) as she will be instructing the 4-hour AARP Smart Driver Refresher Course. Please bring along a mask to class, your AARP membership card, pencil and your driver's license.

JEFFERSON HEALTH OUTREACH PROGRAM- MAXIMIZE YOUR BLADDER CONTROL MONDAY, NOVEMBER 21 2:00 p.m. (CH)

Please join Denise Davidson MSN, RN,CNE, a member of the outreach team from Jefferson Health as she presents, "MAXIMIZE YOUR BLADDER CONTROL." Join us to learn how to prevent accidents, develop habits to promote healthy kidneys and bladder, and cope with bladder control issues! Also learn how diabetes plays a role in bladder control!

THANKSGIVING SERVICE

WEDNESDAY, NOVEMBER 23 2:00 p.m. (CH)

See page 5 for details.

JEWELS OF THE PHARAOHS: Where Did They Get All That Gold? MONDAY, NOVEMBER 28 2:00 p.m. (CH)

You are invited to join Dr. Stephen Phillips, Ph.D. from the University of Pennsylvania Museum of Archaeology and Anthropology in the Chapel as he presents JEWELS OF THE PHARAOHS: Where Did They Get All That Gold? While many of us are familiar with the famous solid gold funerary mask of

King Tutankhamun (over 20 lbs. of solid gold!) and his breathtaking gold jewelry, however, many people are unfamiliar with the spectacular array of jewelry that spans virtually all ancient Egyptian history. This richly illustrated lecture brings to life the world of ancient Egyptian jewelry, and how, in many cases, we are supposed to read it. An obvious geological question is the major focus of, Where Did They Get all That Gold?

NORTH PENN SINGERS CHRISTMAS CONCERT TUESDAY, NOVEMBER 29 7:00 p.m. (CH)

You are invited to attend the first Christmas concert of the season with The North Penn Singers. The singers will be performing a variety of holiday favorites with some audience participation to get you in the spirit for Christmas. The North Penn Singers was founded by Alvin Schmidt and has continued to provide concerts throughout the years. Following the concert a DONATION will be received. Mark your calendars!

"CHRISTMAS MUSIC MEMORIES" with BILL & MICHELLE WEDNESDAY, NOVEMBER 30 2:00 p.m. (CH)

We have invited back two of our favorite vocalists, Bill & Michelle, as they perform "Christmas Music Memories" to celebrate the holidays. Come and enjoy an hour of your holiday favorites in the Chapel as we are excited to begin our Christmas season. Don't forget to mark your calendars. This is a performance you don't want to miss! Invite your neighbors to join you!

SAVE THE DATE

2022 DOCK WOODS TREE LIGHTING RECEPTION TUESDAY, DECEMBER 6 6:30 p.m. (FA/BISTRO LOBBY)

The Christmas Season is fast approaching, and soon Dock Woods plans to begin the Holiday festivities, beginning with the annual Tree Lighting Reception. We will begin with the sweet desserts, entertainment featuring THE BUCKS COUNTY WOMEN'S CHORUS, and the official Tree Lighting. More information will be forthcoming in the December Docket. Mark your calendars!



REPORTS

ANNUAL DISCLOSURE STATEMENT

Each year we prepare a disclosure statement for the Department of Insurance, which regulates life plan communities. This year's disclosure statement will be available at the end of October. If you are interested in having a copy, please call the administrative office receptionist. Give your name and phone number, and a copy of the disclosure statement will be delivered to you.

REMINDER

As the holidays approach please remember that employees are not permitted to accept tips, gratuities or gifts from residents or residents' family members.

VOLUNTEERS

We have a new opportunity available for volunteers! For those who like to engage directly with our residents, consider helping get the conversation started in Oakwood Court at the new "Breakfast with Friends" that is now taking place daily from 9:00 a.m.-10:00 a.m. in the 1st floor Oakwood Court great room. This is a continental, self-serve style breakfast being served to the residents of Oakwood Court. It is in addition to the regular breakfast in the dining room and is aimed at those who might like to sleep a little later. The goal of this additional breakfast time is to create a stronger community atmosphere for the Oakwood Court residents. The main responsibility of the volunteer is simply to engage with the residents and keep the conversation going. Conversation starters are provided as well as reading material, such as *The Daily Bread*, if you would like to read to them. To learn more about this opportunity, contact Jennifer Wilson at 215-368-4438, extension 44189 or by email at jennifer.wilson@livingbranches.org

THE ACORN SHOP

Thanksgiving is all about giving thanks for our blessings. The Acorn Shop is thankful for you our faithful customers! Happy Thanksgiving! Monday, November 7 – Grand Opening – free samples, new items, lots of Christmas decorations and gifts. And, welcome our new Gift & Thrift Shops Manager! Thursday, November 24 – The Acorn Shop will be closed for Thanksgiving. Friday, November 25 – Black Friday Sale – check out our 50% off sales. Don't forget

that gift certificates to the Acorn Shop make great gifts too! Thanks for your support of the Acorn Shop!

DOCK'S GIFTS & TREASURES SHOP

The Dock Manor Gifts & Treasures Shop is chock full of beautiful and useful items for yourself and your family. Tuesday-Wednesday, November 1-2 – Gifts & Treasures Shop will be closed for remodeling. Thursday, November 3 – Grand Opening. "The Nook" (just down the hallway from the Acorn Shop) also is jammed with Christmas treasures waiting for a new home! Stop in often to see what's new. The Nook is open for business any time of the day. Payments can be made at the Acorn Shop during normal business hours or pay at the receptionist with exact change or check at any time.

FUND DEVELOPMENT

Annual Giving Request for Benevolent Care

As we approach the time when many of us begin to plan for our year-end giving, we want to remind you about the benevolent care ministry at Living Branches. The gap in funding for residents who are no longer able to pay the full cost of their care continues to grow each year and we appreciate your ongoing support. It is through your faithful gifts that we are able to provide quality care for all of our residents, regardless of their financial status. Year-end mailings will be sent out by the end of November. Contributions should be returned to the Fund Development office no later than Saturday, December 31, 2022 in order to be acknowledged for the 2022 tax year. Thank you for considering Living Branches in your year-end giving!

Legacy Giving Info

The end of the calendar year is also the time when we remind Legacy Giving members about the renewal of their annual support for the benevolent care ministry at Living Branches. New donors are always welcomed. Anyone can become a Legacy Giving member by choosing one of these three options:

- 1) Faith Level - make an annual contribution of at least \$500;
- 2) Hope Level - make cumulative gifts during your lifetime of \$25,000;
- 3) Love Level - make a commitment to Living Branches in your will or estate plan.

REPORTS CONTINUED....

In return for your gift, you will receive two tickets for special Living Branches events and invitations to special Legacy Giving updates with President/CEO Edward Brubaker. Keith Heavener, Director of Fund Development 215-368-4438, extension. 44115 Keith.Heavener@LivingBranches.org Dena Winner, Fund Development Associate 215-368-4438, ext. 44304 Dena.Winner@LivingBranches.org

DINING SERVICES

Holiday season is upon us... first up is Thanksgiving! Dining Services will be hosting a two seating holiday buffet serving all the classic favorites! Turkey, mashed potatoes, stuffing, green bean casserole and more! Please call 215-368- 4438 extension 44270 to make your reservation for the 11:45 a.m. or 1:30 p.m. seating! We are kindly asking reservations to be placed by Thursday, November 17.

ANNUAL DISCLOSURE STATEMENT

Each year we prepare a disclosure statement for the Department of Insurance, which regulates life plan communities. This year's disclosure statement will be available at the end of October. If you are interested in having a copy, please call the administrative office receptionist. Give your name and phone number, and a copy of the disclosure statement will be delivered to you.

FROM THE PASTORS OF LIVING BRANCHES

As you walk around our campuses it's easy to see that the seasons are changing. Fall colors are bursting out in full display and there is a nip in the air once more. November is a time to pull out heavier sweaters, sip hot cocoa by the fire, and take in the beautiful display of God's creation all around us. November is also a time to gather and give thanks. Thanks for God's protection throughout the past year. Thanks for our family, friends, and those who have cared for us along the way. Thanks for the memories we still cherish of those who have gone before us. In giving God thanks for all these wonderful gifts we are living our best "Thanks-Living" lives.

On **November 23** the pastors of Living Branches invite you to come together and take time to praise God for all He has done for us this past year. For the first time ever, we will have a **Thanksgiving Service** that will bring all three Living Branches campuses together into one

blended service. The celebration will take place in the Dock Wood's Chapel and will be live streamed to the Summit View Auditorium at Souderton Mennonite Home and the TV Room at the Willows. As a way to represent each of our wonderful communities, staff and residents from all three campuses will be participating in our service as they lead us in song, scripture, and the bringing of God's word. Ed Brubaker will also be joining us that afternoon. It will be a wonderful time to be reminded of how God has blessed us individually, while celebrating together as a whole community. **The live service will take place at 2:00 p.m.**

If you are unable to come to the Chapels or TV area, but still would like to join the live service, we will provide a YouTube link, which can be accessed through any smart phone or private computer. If you miss the live service, but would still like to see it, our Thanksgiving Service will be rebroadcast on Touchtown on Thanksgiving Day at 3:00 p.m. on all three campuses.

We know that this is a new way to worship together, but we hope that this service will remind us that even though we live on different campuses, Living Branches is one united community who serves a gracious and loving Lord. Let's give thanks to the Lord for all He has done for us by lifting up together one voice and one song. We pray you will join us on **Wednesday, November 23 at 2:00 p.m.** May you be blessed!

Pastor Tami, Pastor Sandy, Pastor Tim & Pastor Deb

