

Manor Musings

November is:

- Adopt a Turkey Month
- American Diabetes Month
- National Alzheimer's Disease Month

In This Issue:

Resident News	2
Manager's Message	3
Stay Fit Dining	4
A Bit of Humor	4
October Events	6
Service Coordinator	7
October Calendar	9

November Events

Chair Fitness will take place each Wednesday at 10:30 AM.

Wii Bowling takes place each Tuesday at 3:00 PM.

Join your neighbors and cheer on the Bills as they take on the Chiefs on Sunday, November 2nd. Roast Beef Sandwiches will be served. Kickoff is at 4:25 PM!

A Communion Service with Pastor Kayti will take place on Monday, November 3rd at 2:00 PM.

On Wednesday, November 5th a van will transport residents between the Manor, Southgate Plaza, and Save A Lot between 8AM and 12PM. The cost is \$5.00.

Bingo with Lori will take place on Thursday, November 6th at 6:30 PM and November 20th at 5:30 PM.

Test your knowledge with Trivia on Monday, November 10th at 12:30 PM.

A Pancake Breakfast will be held on Tuesday, November 11th at 10:00 AM. Enjoy all you can eat pancakes, sausage, orange juice, and coffee.

On Wednesday, November 12th Hospice will host Grief 101 at 1:00 PM.

Learn more about the Arts Access Program on Monday, November 17th at 12:45 PM.

Pastor Kayti will host coffee and conversation on Monday, November 17th at 1:30 PM.

On Wednesday, November 19th a van will transport residents between the Manor and Walmart, Wegmans, and Aldis on Transit Rd. between 8AM and 12PM. The cost is \$5.00.

A Blood Pressure Clinic will take place on Monday, November 24th at 12:45 PM.



United Church Manor

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West Seneca, NY 14224

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(716) 668-5804

AFTER HOURS
MAINTENANCE EMERGENCY:
(716) 238-0989

E-MAIL:
manormusings@yahoo.com

Find us on the web
www.ucmanor.org

“Like” us on Facebook!

Resident News

HAPPY BIRTHDAY!

<i>Roberta Busch</i>	<i>November 11</i>
<i>Richard Miller</i>	<i>November 13</i>
<i>David Uzdavinys</i>	<i>November 13</i>
<i>Catherine Stricklin</i>	<i>November 23</i>

**Remember to change your clocks on
November 2nd as daylight savings time
ends. Turn clocks back one hour.**



The business office will be closed on Thursday, November 6th
as Sarah, Jen, and Jessica attend the annual Network in
Aging conference.



The office will be closed on Thursday, November 27th and
Friday, November 28th due to the Thanksgiving holiday.
There will be no meal program on these days. We wish you
all a happy, healthy holiday!



Sarah's Snip Its

Community Courtesy Reminders

I have recently received an increased number of complaints regarding resident behavior that directly violates our house rules and lease. Our priority is to maintain a safe, peaceful, and comfortable living environment for **all our residents**. Please be advised of the following:

Exterior Doors Should Not be Propped

Leaving entry doors propped or unlocked is a serious safety and security violation. In addition, during the cold weather the hallways become cold and cools apartments causing us to run the boilers more to keep up with the demand. This is a waste of energy. All residents are responsible for ensuring doors always close securely behind them.

Smoking Indoors is Strictly Prohibited

Smoking of any kind inside apartments, hallways, or any indoor common areas is a direct violation of the lease. As we get complaints staff have actively investigated and knocked on doors to determine where it is coming from. Smoke travels into the hallways and negatively affects other residents with allergies, asthma or other medical conditions.

Be Mindful of Noise

Please keep music, TV, conversations, and gatherings at a respectful volume, Quiet hours are enforced, but respect is expected 24/7. If noise can be heard in neighboring apartments or hallways, it is too loud.

Garbage must be bagged and tied up securely! Use the chute or dumpster it should not be left in the hallway at any time.

We expect all residents to respect their neighbors and follow the established rules. We truly appreciate everyone's cooperation. Small acts of courtesy go a long way in keeping United Church Manor a safe and welcoming home for all.

Website and Facebook

This past month we have updated our website with updated pictures of residents and staff. Thank you to those who participated, the pictures turned out great! Also follow us on Facebook to see all of the exciting things we are doing. Recently, Susan captured this colorful sunset and we shared it on our Facebook page.



New Window Treatments

I am excited to announce the Board has approved to remove our current dated vertical blinds and install more modern style roller blinds. These were chosen as the best option due to their durability, low maintenance and ease to clean. One of the primary benefits of the roller blinds is their ability to control light effectively and can contribute to energy savings by acting as an additional layer of insulation. They will be installed Wednesday, November 5 starting at 9:00am. It should only take 1 day, and the installers will need access to all apartments that day. Thank you for your cooperation.

Baskets & Brunch

This year the Board has decided to step away from the annual Baskets & Brunch fundraiser. Instead, we did a direct sponsorship drive. We have been successful in this endeavor and are grateful to our dedicated donors. These funds are used for our transportation to local stores, parties, activities and all the fun extras we provide that set us apart from other communities. Thank you to our sponsors!

Stay Fit Dining

A Veteran's Day lunch will be served on Friday, November 7th. It will include a Breaded Boneless Porkchop with Gravy, Scalloped Potatoes, California Vegetables, A Chef Salad, and Lemon Meringue Pie.



We will celebrate Thanksgiving with Roasted Turkey with Stuffing, Gravy, & Cranberry Sauce, Sweet Potatoes, Green Bean Casserole, and Pumpkin Pie with Whipped Cream on Tuesday, November 25th.

There will be no meals on Tuesday, November 11th, Thursday, November 27th and Friday, November 28th.

Join us for Soup & Salad on Wednesday, November 12th or for Taco Day on Friday, November 21st!

Just a reminder...

- Reservations should be made by Wednesday of the week preceding the days you want to join us.
- We ask that you notify us when you are unable to attend a meal you have reserved.

A Bit of Humor

(This is supposedly a true account recorded in the Police Log of Sarasota, Florida)

An elderly Florida lady did her shopping and, upon returning to her car; found four males in the act of leaving with her vehicle.

She dropped her shopping bags and drew her handgun, proceeding to scream at the top of her lungs, "I have a gun and I know how to use it! Get out of the car!"

The four men didn't wait for a second threat. They got out and ran like mad. The lady, somewhat shaken, then proceeded to load her shopping bags into the back of the car and got into the driver's seat. She was so shaken that she could not get the key into the ignition.

She tried and tried, and then she realized why. It was for the same reason she had wondered why there was a football, a Frisbee and two 12-packs of beer in the front seat.

A few minutes later, she found her own car parked four or five spaces farther down.

She loaded her bags into the car and drove to the police station to report her mistake.

The sergeant to whom she told the story couldn't stop laughing.

He pointed to the other end of the counter, where four pale men were reporting a carjacking by a mad, elderly woman described as white, less than five feet tall, glasses, curly white hair, and carrying a large handgun.

No charges were filed.

Moral of the story? If you're going to have a senior moment..... make it memorable!

Maintenance News

- Kitty litter should not be placed in the shower area. If the litter goes down the drain it swells and clogs the drains and pipes! The kitty litter should remain out of the shower area!
- **Please do not throw loose items in the garbage chute. All garbage should be placed in securely tied plastic bags before placing in the garbage chute.**
- **Hallway and stairwell windows**
If you open windows in the hallways or stairwells, please remember to close them as it cools down or if it begins to rain.
- **Please remember...** to call ALL work order requests into the office.
- **Emergency phone number...** for after hours and weekend maintenance emergencies call **716-238-0989**. These calls are automatically forwarded to the staff member on call.
- **Emergency Pull Cords...** should be untied and hanging to the floor.

*After hours
maintenance
emergencies only
716-238-0989*

~ Joe & Dom

Holiday Happenings At The Manor



Holiday Tree Trimming

Help us make the community room festive on Friday, December 5th at 12:30 PM.

Annual Holiday Dinner

Save the date for our Holiday Dinner on Wednesday, December 10th at 4:30 PM.

Winter Door Decorating

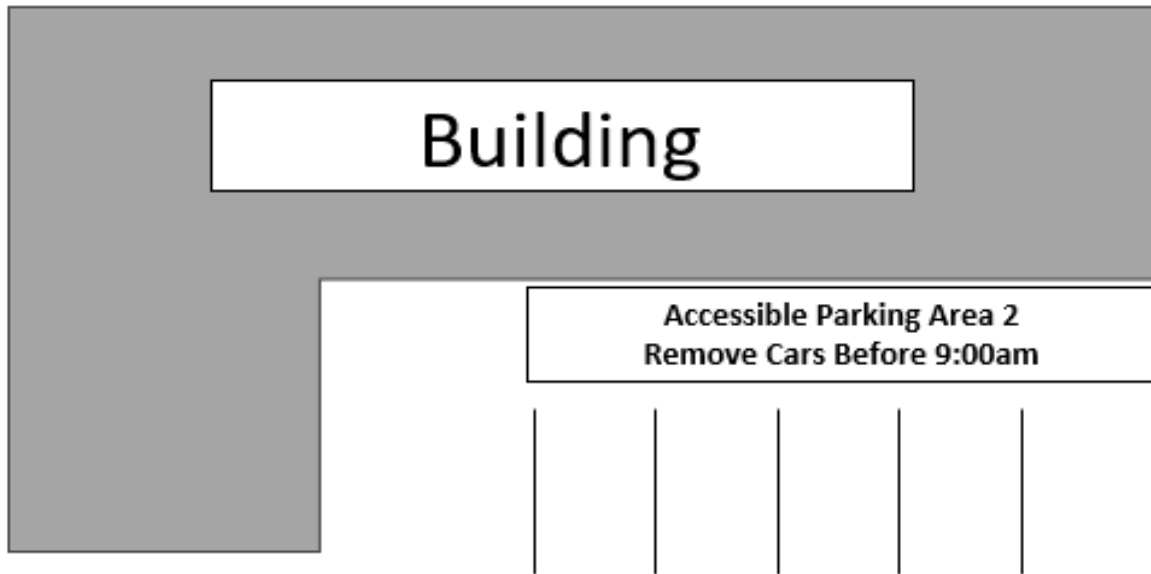
Please share your holiday spirit by decorating your apartment door. Doors will be judged by your fellow residents, and the top two favorite doors will receive a Save A Lot gift card. If you will be taking part, please have your apartment door decorated by Friday, December 12th. We will leave a ballot in your mailbox to write down the number of your favorite door. Ballots are due to the office by Wednesday, December 17th so we can tally up the votes. Winners will be posted and notified on Friday, December 19th.

Please remember to only decorate your door, do not hang anything on the walls or put rugs or other items in the hallway.

Jazz Band and Preschool Carolers

The Orchard Park High School Jazz Band will be performing on Wednesday, December 10th, mid-morning. The Preschool Carolers will be here on Friday, December 19th at 10:00 AM.

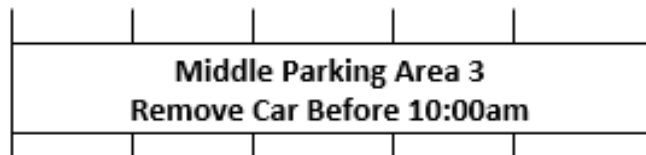
**WINTER PARKING IN EFFECT:
NOVEMBER 1 TO APRIL 1 ANNUALLY**



AREA 2 is plowed 2nd
remove cars before
9:00 am.

Area 3 is plowed 3rd
remove cars by
10:00am.

Area 1 is plowed 1st
No overnight parking
from 9:00pm-9:00am



**Adhering to the snow plowing policy ensures a safe
and accessible parking lot which will allow for
visitors and guest to pick up and drop off as
necessary.**

Service Coordinator Spot

For Your Information

Dealing with Grief During the Holidays

The holidays can be a difficult time for those who have lost a loved one. Amidst the festive cheer, memories of holidays past can surface, bringing both comfort and sadness. If you are grieving this season, please know that you are not alone. It is perfectly okay to feel whatever you feel, and to set your own pace for celebrations. Remember to be gentle with yourself, honor your memories, and accept support from those around you.

Here are some uplifting ways to honor your loved one during the holiday season:

- Create a memory keepsake such as a scrapbook, memory jar or collage
- Place their photo at the table with a candle to remember them by
- Cook or bake their favorite holiday dish



Changes in Office Hours:

I will not be in the office on Friday, November 7th and Friday, November 14th due to trainings. The office will be closed on Friday, November 28th.

Educational & Wellness Programs

Hospice Grief 101

Weds, November 12th 1pm

Grief is a universal experience we all come to understand in different ways.

Join speaker, Anna VanDien, in exploring the types of loss, various grief symptoms, different ways of coping, and how to help others cope through the most difficult of times.

Practical strategies and useful resources will be available. This will be held in the Community Room. Sign up sheet on the bulletin board!

Arts Access Program

Mon, November 17th 12:45pm

Arts Access is a program that allows individuals to experience arts and cultural events without the financial burden. Learn if you are eligible and enroll in the program that day if you are interested. This will be held in the Community Room. Sign up sheet on the bulletin board!

Blood Pressure Clinic

Catholic Health Life Program

Mon, November 24th 12:45pm

This will be held in the Community Room. Sign up sheet on bulletin board!

2025 Direct Sponsorship Campaign

We would like to take this opportunity to sincerely thank our generous supporters for their ongoing partnership with United Church Manor. Your support makes a meaningful impact in the lives of our residents every single day.

The funds raised help provide transportation to local grocery stores and essential shopping, allowing our residents to maintain their independence. In addition, past contributions have allowed us to create a peaceful outdoor fountain and garden — a cherished space for quiet reflection — as well as host community-building activities such as ice cream socials and holiday celebrations that ease loneliness and bring people together.

These experiences are invaluable to our residents and are what set United Church Manor apart from other affordable apartment communities.

PLATINUM SPONSORS



GOLD SPONSORS



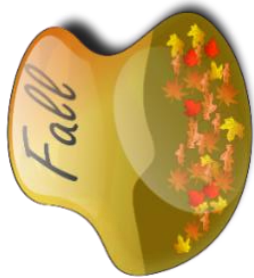
SILVER SPONSORS

Pilgrim Memorial / First Congregational UCC of Jamestown/ Cleveland Heights Christian Church





November 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fall back Change your clock back an hour						1 Dia de Los Muertos
2 Daylight Savings Time Ends Bills Watch Party 4:25 PM	3 Meal Program 12:00 PM ----- Communion w/ Pastor Kayti 2:00 PM	4 Meal Program 12:00 PM ----- Wii Bowling 3:00 PM Election Day	5 Southgate/Save a Lot Shopping 8AM - 12PM ----- Chair Yoga 10:30 AM ----- Meal Program 12:00 PM	6 Business Office Closed ----- Meal Program 12:00 PM ----- Bingo w/ Lori 6:30 PM	7 Meal Program 12:00 PM	8
9	10 Meal Program 12:00 PM ----- Trivia 12:30 PM	11 Pancake Breakfast 10:30 AM ----- No Meal Program ----- Veteran's Day	12 Chair Yoga 10:30 AM ----- Meal Program 12:00 PM ----- Hospice Grief Meeting 1:00 PM	13 Meal Program 12:00 PM ----- World Kindness Day	14 Meal Program 12:00 PM	15 America Recycles Day
16	17 Meal Program 12:00 PM ----- Arts Access 12:45 PM ----- Donuts & Conversation w/ Pastor Kayti 1:30 PM	18 Meal Program 12:00 PM ----- Wii Bowling 3:00 PM	19 Transit Road Shops 8AM - 12PM ----- Chair Yoga 10:30 AM ----- Meal Program 12:00 PM	20 Meal Program 12:00 PM	21 Meal Program 12:00 PM	22 Humane Society Day
23	24 Meal Program 12:00 PM ----- Blood Pressure Clinic 12:45 PM	25 Meal Program 12:00 PM ----- Wii Bowling 3:00 PM	26 Chair Yoga 10:30 AM ----- Meal Program 12:00 PM	27 Office Closed ----- No Meal Program ----- Thanksgiving	28 Office Closed ----- No Meal Program	29 Small Business Saturday
30						