

Edward T. Boyle Center

NOVEMBER 2022



Hello November, it is time to give thanks! According to The Harvard Health Publishing, “Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.”

With Thanksgiving approaching it is an opportune time for us to think about not only what we are thankful for, but also beginning to live a life of gratitude. There are several ways to cultivate gratitude outlined from the study including writing a thank you note, keeping a gratitude journal, prayer and meditation. “Gratitude is a way for people to appreciate what they have instead of always reaching for something new in the hopes it will make them happier or thinking they can't feel satisfied until every physical and material need is met,” according to Harvard Health. It's not always easy to live this way. Somehow life takes over and often we feel defeated, overwhelmed, and longing for better times, circumstances or places. I fall short of this gratefulness often, but I know that I do have so much to be thankful for and I am reminded as I look around and see the hardships others' face. Take a moment to express gratitude in some way this month. It's a small step to appreciate what you have and where you are in life. In *Opening Doors Within*, Eileen Caddy said, “Gratitude helps you to grow and expand; gratitude brings JOY and laughter into your life and into the lives of all those around you,”

There is a jar outside my office door that says “Gratitude.” I would love you to drop a note of thankfulness with or without your name to include in our December, Boyle Quarterly Times.

November has so much to be appreciated—including the right to vote on Election Day, the Veterans who served this Country, and Thanksgiving a time for reflection.

-Angelia Mack, Your Service Coordinator

Happy Thanksgiving!

Message from Management: It's time to prepare your car for winter—make sure you have good tires, a strong battery, washer fluid and a snow brush. Remember when we have to plow the parking lot you will have to move your car. Please note the office will be closed on Thursday, Nov. 24 and Friday Nov. 25th for Thanksgiving. Enjoy your Thanksgiving!



Christopher Community, Inc.

A non-profit development and management company specializing in housing for seniors, families, and the disabled in Upstate New York.

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315-370-5938

Happening this month!

- 11/4 Angie's Social Hour
 - 11/7 Birthday Bash w/ Jeff and Dave
 - 11/8 Election Day—Go Vote!
 - 11/9 Food Boxes
 - 11/10 Auburn Fire Dept.
 - 11/14 Bob Piorun & Pizza
 - 11/16 Gerry Ortega
 - 11/18 Scat Van/Christmas Tree Shops
 - 11/21 Thanksgiving Pot Luck w/ Matt Chase
 - 11/28 Elvis w/ Ziti Dinner
 - 11/30 Silver Song Birds w/Pie
- **see inside for times and details

Boyle Senior Center, Inc., invites all senior citizens of Cayuga County to participate in its recreational, educational, cultural, and community service programs.

From the Program Office

The latest updates to get you through the week!

Monday- Thursday 8-11am
Coffee @ suggested donation
(2nd Floor Lobby) Cards &
Stamps for Sale

**Monday, Wednesday, &
Friday 1:30pm** Exercise with
Phyllis Tanner

Monday: 10am Walking Club,
(unless otherwise noted)—

Tuesday: 10am Art Class for
Seniors (\$2 donation)

Wednesday: 10am Blood
Pressure Checks (2nd floor
lobby)

Thursday: 10am Bible Study
(2nd floor card room)

Fridays: 10am
Get your Blood Work done,
(2nd Floor Lobby)

Entertainment this month:

Monday, Nov. 7th

5:30pm Birthday Bash ; 6pm Jeff & Dave

Monday, Nov. 14th

3pm Pizza \$5 (please pay suggested donation
by 10th)

3:30pm Bob Piorun & Friends

Wednesday, Nov. 16th

2:30pm Ice Cream & Drink \$2

3pm Gerry Ortega “G Man”

Monday, Nov. 21st

3pm Thanksgiving Party –Pot Luck

3:30pm Matt Chase

Monday, Nov. 27th

4pm Ziti Dinner, Bread/butter, dessert, drink
\$5 (please pay suggested donation by Nov.
23rd)

5pm Elvis

Wednesday, Nov. 29th

Silver Song Birds

2:30pm Pie/Drink

3pm Silver Song Birds

ALL entertainment is free of charge, food sales are to raise money for the Program office to continue to bring entertainment and events to the Boyle Center and are optional.

To preorder for food events, please see Julie Howard on the 2nd Floor of the Boyle Center or call 315-253– 6178

Happy November Birthday!

11/4 Keith Sheppard 305
11/6 Leonard Beckwith 813
11/7 Judy Sheppard 305
11/10 Mary Dugan 611
11/10 Mike Green 413
11/17 Rosemary Janas 502
11/18 Margaret Roberts 316

11/20 Joan Murphy 205
11/22 Katherine Zichettella 508
11/25 Sharon Ross 712
11/26 Birdie King 209



Monthly Birthday Celebration for all the November Babies!



Please join us on Monday, November 7th. We will be celebrating all the Birthdays with cupcakes, soda, water, a sing along, trivia and PRIZES! 50/50 raffle. With Special performance by Dave Solazzo and Jeff Martin. Don't miss this, its for you!!

We're sending out our biggest, happiest wishes to all of you celebrating your birthday this month! If you're lucky enough to be born in November, it means you're dynamic, brave, and generous—and we're not surprised one bit!

Here are some other November birthday fun facts that are worth celebrating:

- The magnetic Scorpio (Oct 24-Nov 22), and one of the luckiest signs, Sagittarius (Nov 23-Dec 22) are the dynamo duo that rule this month.
- The two gems for November are the Topaz and Citrine.
- Your flower is the Chrysanthemum which, according to Feng Shui, brings laughter and happiness to the home.
- Love fall football? On November 6, 1869, the first intercollegiate football game was played in the U.S. between Rutgers and Princeton.
- Not only is Thanksgiving celebrated this month, but it's also Peanut Butter Lovers Month and National Pepper Month!
- What stars are celebrating with you this month?—Jenny McCarthy (11/1), David Schwimmer (11/2), Matthew McConaughey (11/4), Ethan Hawke (11/6), Leonardo Di-Caprio (11/11), Anne Hathaway (11/12), Martin Scorsese (11/17), Jodi Foster (11/19), Tina Turner (11/26), Jon Stewart (11/28), and Billy Idol (11/30).

"November Birthday Fun Facts." November 4, 2022. American Greetings.
<https://www.americangreetings.com/blog/november-birthday-fun-facts/>

A Note from the Service Coordinator:

Health & Wellness



What would you do if there was a fire in the building?

Heating and Cooking are the leading cause of home fires and injuries from fires. With winter approaching, the heat is on and it is the perfect time to review our fire safety and what to do in case of a fire. **The Auburn Fire Department will be visiting on November 10th at 1pm in the Community Room for our annual Fire Safety presentation.** Many of you moved from your own homes and need to learn that the Boyle Center is built differently and therefore has different protocol for you to follow if there was a fire in the building. Please mark your calendars for this very important presentation. You should **ALL** be interested in fire prevention and safety.



The CNY Food Bank will deliver on Wednesday, Nov. 9th food will be available in the community room for your shopping convenience. **Please come with a grocery bag or two and help yourself to the foods you will consume. If you need a whole box, no problem-grab a cart or bring your own shopping cart.**

Any left over food will be distributed to the local food pantry. If you have any questions, call Angelia 315-370-5938.

Upcoming Scat Van Trips

Friday, Nov. 18th 10am-1pm

Christmas Tree Shops \$8

Please see Angelia Mack with any questions and to prepay \$8 for this Scat Van trip.

Tuesday, November 8th Election Day Please sign up in the Community Room on the glass case if you would like to get a ride with the scat van between 8-11:45am to vote in person (suggested donation \$4).

**General Election
Tuesday,
November 8, 2022
6am-9pm ***Any voter
residing in the City of
Auburn can vote at any of
the locations below. ***

Alliance Church

630 N. Seward Ave

Auburn Fire Station 1

31 Seminary St

Auburn School Dist.

Offices 78 Thornton Ave.

Casey Park Rec Center

150 N. Division St.

**Please sign up in the Community
Room on the glass case if you would
like to get a ride with the scat van
between 8-11:45am to vote in person.**



**Vote Early
and avoid
the line.
Early
Voting
Hours:**

Clifford Park 81 Mary St.

Saturday, 10/29 9am-5pm

Sunday, 10/30 9am-5pm

Monday, 10/31 9am-5pm

Tuesday, 11/1 Noon - 8pm

Weds., 11/2 Noon - 8pm

Thursday, 11/3 9am-5pm

Friday, 11/4 9am-5pm

Saturday, 11/5 9am-5pm

Sunday, 11/6 9am-5pm



Joseph Rich Apt. 715
(Friends call him JR)



Home Sweet Home

*****If you moved into the Boyle Center and **have not** come to a new resident meet & greet please join us on 2nd floor in the card room on November 15th at 1pm. Meet your floor captains and learn some important things about the Boyle Center.**

Humor Corner

Unfortunately, I have learned that the harmless copying of cartoons, other than clipart as seen here, is under copyright protection. Even for the Boyle Center Newsletter. I am no longer able to include cartoons and most pictures.

:(



What was the turkey suspected of?

Fowl Play

Which side of the turkey has the most feathers?

The Outside

Why can't you take a turkey to church?

They use fowl language

-Goodhousekeeping Sep 23, 2022

- How do you mend a broken pumpkin?
— With a pumpkin patch!
- If money really did grow on trees, what would be everyone's favorite season?
— Fall.
- Why do birds fly south in the Fall?
— Because it's too far to walk.
- What has ears but can't hear a thing?
— A cornfield.
- What reads and lives in an apple?
— A bookworm.
- What did one leaf say to another?
— I'm falling for you.
- What is a tree's least favorite month?
— Sep-Timber!
- What did the little tree say to the big tree?
— Leaf me alone.
- What kind of coat goes on wet?
— A coat of paint.
- What runs around a farm but doesn't move?
— A fence.
- Why do trees hate tests?
— Because they get stumped by the questions.
- Why did the scarecrow win a medal?
— He was outstanding in his field.
- Why shouldn't you tell a secret in a cornfield?
— Because the corn has ears.
- What's an elephant's favorite vegetable?
— Squash.
- How do trees get onto the internet?
— Easy, they just LOG on.

-<https://confidencemeetsparenting.com/fall-jokes-for-kids/>

Did you know that you can have lunch with your friends Monday-Friday in the Community Room?

Congregate Meals are available at the Boyle Center for anyone 60 and over!

The Office for Aging has a Senior Nutrition Program available

which provides a nutritious hot meal with drink/coffee and dessert. With rising prices in the grocery store and restaurants this is a great way to supplement food cost. Plus, you don't have to cook.

You can just call the Office for Aging at 315-253-1550, 2 days/48 business hours to reserve your spot. You can ask for a menu each month and select certain days based on preference, or arrange to come everyday.

There is a suggested donation of \$3.50 per meal but it is not required.



I am please to announce we have a new librarian at the Boyle Center, Birdie King—If you have any questions about the library—reach out to her.

To All Readers,

If you enjoy reading, come to our library, 2nd floor, open 24hours.

It is a wonderful place to relax, read the paper, magazine, write a letter, do a puzzle, or just visit.

You do not have to return the books you take. Pass it on to a friend, keep it or return it. It is up to you.

Hope to see you soon!

Birdie King