Residents are Free

Guests: $20.00 for adults, $10.00 for children 12 and younger

RSVP at 253-853-3354

If you would like to reserve a table for you and your family, RSVP by November 20th. Tables reserved for parties of 4 or more. Harbor Place will not be accepting seating reservations after Friday, November 20th. You are welcome to RSVP after November 20th, however, seating will be based upon availability after this date.

Menu
- Roast Turkey with Cranberry Compote
- Peach and Brown Sugar Glazed Ham
- Apple Walnut Sage Dressing
- Mashed Golden Yukon Potatoes
- Apple Cider Braised Root Vegetables
- Seafood Cocktail
- Mixed Salad with Cherry Dijon Vinaigrette
- Ambrosia Salad
- Pumpkin Pie with Whipped Cream
- Nut Pie
- Butter Flake Rolls

Thanksgiving Day Buffet

Harbor Place would like to invite you and your loved ones to join us for our annual Thanksgiving Day Buffet on Thursday, November 26th from 11:30 am - 1:00 pm.

Resident Birthdays
1st - Clarence S.
8th - Fred S.
13th - Jean S.
18th - Jean F.
21st - Rhea L.
22nd - Clay M.

Staff Birthdays
1st - Cheyanne N. - Culinary Services
15th - Kelsee M. - Culinary Services
20th - Joe B. - Executive Chef
30th - John M. - Culinary Services

Check us out at www.HarborPlaceRetirement.com
Did You Know? November’s Random Holidays

Nov. 3rd - Sandwich Day
Nov. 4th - Candy Day
Nov. 5th - National Men Make Dinner Day
Nov. 6th - National Nachos Day
Nov. 7th - Pumpkin Destruction Day
Nov. 10th - National Vanilla Cupcake Day
Nov. 13th - World Kindness Day
Nov. 14th - National American Teddy Bear Day
Nov. 16th - National Fast Food Day
Nov. 17th - National Homemade Bread Day
Nov. 18th - Mickey Mouse Day
Nov. 18th - National Apple Cider Day
Nov. 19th - International Men’s Day
Nov. 20th - National Peanut Butter Fudge Day
Nov. 23rd - National Espresso Day
Nov. 27th - Flossing Day
Nov. 27th - National Day of Listening
Nov. 29th - Chocolate Day
Nov. 30th - Stay Home Because You Are Well Day

www.brownielocks.com
www.thenibble.com

Halloween Costume Party

Employee of the Month

For over eight years, Vickie M. has been going out of her way to make sure the Harbor Place residents, their family members and all guests feel welcome with her warm smile and positive attitude. This month she receives the award “Going to the Extra Mile” for her continued willingness to make sure our residents are happy and having fun. Thank you Vickie for all your hard work, dedication and positive attitude! You are a role model to all your co-workers. Keep up the hard work!

If you are interested in nominating an employee for this honor, please pick up a nomination form at the Front Desk. This is the highest compliment you can give one of the employees!
Refer a Friend

Bringing your friends closer has never been easier and more beneficial. With our “Bring-A-Friend” referral program you could receive a $1,000 rent credit. It is as simple as 1,2,3…..

1. Submit the name of someone you feel would benefit from the Harbor Place lifestyle by completing the “Bring-A-Friend” form.

2. Our General Manager or Marketing Director will be in touch with you to provide additional details and to contact your friend.

3. If your friend moves in with us, you will not only experience the benefit of having that person close by, but after she/he has been at Harbor Place for 30 days, you will receive a $1,000 rent credit.

We would love to welcome your friends home to Harbor Place!

Lunch and Learn - Being Resilient

Harbor Place would like to invite you to our monthly Lunch and Learn. This is a FREE seminar and lunch.

When: Tues., November 17th
Time: 12:00 pm
Where: Rainier Dining Room
Speaker: Bob Nussbaum, MSHRM
Resiliency Instructor, Compassion Fatigue Educator and Integrative Therapeutic Solutions, LLC
Topic: Being Resilient ~ The Art of Bouncing Back

Just like death and taxes, stress and adversity are inevitable in life. Every single person will (at one stage or another) be faced with some sort of hardship that they must overcome. Yet it seems there are so many of us that are not equipped to deal with them.

Why? And what is it? What is that one thing that determines how well someone overcomes stress and adversity in life? The answer? RESILIENCE! From a psychological perspective, it’s defined as an individual’s ability to properly adapt to stress and adversity. It’s also referred to as “the art of bouncing back”.

Bob Nussbaum is a graduate of Troy University and is a retired 24-year Navy Veteran with a wide range of knowledge in the stressful world of special warfare. It is this knowledge and experience that led him into the world of stress management and self-care. Bob’s experience and training to serve our military personnel has helped him to develop community workshops that support family and caregivers of individuals with progressive conditions and traumatic injuries in order to prevent and treat caregiver burnout distress. His workshops are designed to bring attention to the signs of fatigue and burnout; the five areas of resiliency (mental, physical, behavioral, spiritual, emotional, and social); and the ethical necessity of self-care.

Limited Seating
Please RSVP at 253.853.3354

Lunch will be provided ~ Everyone is welcome!
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<td>1 Daylight Saving Times Ends</td>
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<td>6 National Nachos Day</td>
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<td>10:00 Catholic Communion</td>
<td>2:00 Bean Bag Baseball</td>
<td>1:30 Shopping at the Dollar Tree</td>
<td>3:00 Shopping at Marshalls or HomeGoods</td>
<td>1:15 Scenic Joy Ride</td>
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<td>10:00 Dr. Daniels - Audiologist</td>
<td>10:00 Veteran’s Day Program</td>
<td>11:00 Library Outreach Services</td>
<td>10:00 Shopping at the Tacoma Mall</td>
<td>1:15 Scenic Joy Ride</td>
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<td>2:00 Craft Time: Fall Wine Bottle</td>
<td>1:30 Catholic Mass</td>
<td>1:15 Resident Meeting</td>
<td>1:30 Coffee at Starbucks</td>
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<td>11:30 Lunch Bunch: Marzano Italian Restaurant</td>
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