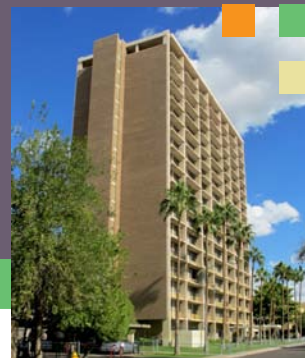


Fellowship Towers Newsletter

Retirement Living For Special People

November 2016

222 E. Indianola Avenue, Phoenix, AZ 85012 * 602.266.9438



Upcoming Events

Election Day - Tuesday November 8th. If you haven't voted early, set aside time to do it on this day! Check where you can vote early at www.vote411.org.

Veteran's Day - Friday November 11th! Watch the parade between 11am and 1pm which starts at the North Phoenix Baptist Church, south on Central, east on Camelback to 7th and south to Indian School.

Great American Smokeout - Thursday November 17th. Do you plan or desire to quit smoking? This is your day! Check out www.ashline.org or call their support line at 1-800-556-6222.

Thanksgiving Day - Thursday November 24th. Be sure to join us for Thanksgiving dinner around lunch time. This is a time for all residents to get together for a wonderful feast! We look forward to seeing you there!



"I know it's just tofu, but it still creeps me out."

"Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom."
-- Marcel Proust

Manager's Corner

We are excited to announce The office remodeling is almost done, and I would like to thank everyone for all your patience.

Please do not let food drop around the dumpster as we don't want to attract rats, insects or stray cats from their neighborhood into ours.

As we have had a few reports/complaints about car scratching, we remind everyone that it is common courtesy to always respect other people's property.

For those residents who may want to quit smoking, there are resources to help. Research indicates that thinking about quitting may focus attention to what you "get" from using tobacco making it more difficult to quit. One effective method to deal with this is to rather focus on reasons why you want to quit instead. Take a few minutes and write down 10 reasons why you want to quit. Keep this list in a place

where you can review your reasons daily. When more emphasis is placed on the reasons you want to quit, the more likely you will succeed.

Happy Thanksgiving!

All residents are more than welcome to attend this year's holiday dinner which be served around lunch time. Also the residents are more than welcome to have Thanksgiving parties, but please respect our rules of no alcohol in the common areas.

I would like to personally wish every one of you a very Happy and safe Thanksgiving!

Coculana Swart



**A Sunny
Disposition
Cultivates
Sunny Smiles !**

It's Thanksgiving!

Jolene was only 8 years old and lived with family in the country with her parents and brother. Consequently they did not often have visitors from the city. One day Jolene's mother said that father was bringing two guests home for Thanksgiving supper.

After they had enjoyed the turkey, Jolene went to the kitchen to help her mother, and proudly brought in the first piece of pumpkin pie and gave it to her father. He then passed the plate to a guest. When Jolene came in with the second piece and gave it to his father, he again gave it to a guest.

This was too much for Little Jolene, who blurted out, 'It's no use, Daddy. The pieces are all the same size.'

May your stuffing be tasty
May your turkey plump,
May your potatoes and gravy
Have nary a lump.
May your yams be delicious
And your pies take the prize,
And may your Thanksgiving dinner
Stay off your thighs!