



SEDGWICK PLAZA
A GRACE MGMT COMMUNITY

Sedgwick Plaza
2455 North Woodlawn Blvd
Wichita, KS 67220 | (316) 687-3741
www.sedgwickplaza.com

The Graceful Connection

NOVEMBER 2024



Sedgwick Plaza Newsletter

Hello, November 2024!

As the autumn air settles in, we're reminded that November is a month of transition, reflection, and gratitude. With the last leaves clinging to the trees and a cozy atmosphere enveloping us, there's so much to celebrate this month.

November showcases the stunning colors of fall. Take a moment to enjoy the vibrant reds, oranges, and yellows that paint our landscapes. Whether it's a walk in the park or a scenic drive, the beauty of nature is truly breathtaking this time of year.

With the temperatures dropping, it's the perfect time to indulge in hearty meals. Think soups, roasted vegetables, and warm pies. Gather around the dinner table with family and friends to share good ole fashion hot fall meal. November is also the month of Thanksgiving, a time for gratitude and connection with family as we prepare for the holiday season.

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- 11/14 - Graceful Transition 10am
- 11/15 - Lunch Brunch to Fazoli's 1045am
- 11/19 - Health Talk with Providence COPD 2pm
- 11/21 - Zoo to Visit 1pm
- 11/21 - Music with LV Smith 2pm
- 11/22 - Veteran's Breakfast 8am
- 11/22 - Good Neighbor Happy Hour 3pm
- 11/26 - Cookies and coffee with Senior Benefits 2pm
- 11/26 - Pan Entertainment with Dan the Pan Man 3pm
- 11/28 - Birthday Celebrations 2pm
- 11/29 - Lunch Brunch to Pizza Ranch 1030am

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November is a month filled with opportunities to honor history and spread kindness! As we celebrate Native American Heritage Month, we take time to recognize the rich cultures, traditions, and contributions of Native Americans. Ask your Life Enrichment Director what special activities this month will honor Native American history and showcase the contributions of indigenous peoples.

On November 13th, we also celebrate World Kindness Day. It's a perfect reminder to practice small acts of kindness, whether through a kind word, a smile, or helping a neighbor. Let's come together as a community to spread warmth and compassion throughout the month.

It is fitting that November is also a month of Gratitude as we prepare to celebrate Thanksgiving with our friends and family. What are you most grateful for this year?

NEW RESIDENTS

Gail Wortz

Leon Johnson

Sedgwick Plaza Events

Dates & Times



- 11/1 - Charlottes Breads & Fudge 1pm
- 11/1 - World Author Day Reading By Jo Smith 6pm
- 11/4 - Ambassador Meeting 1030am
- 11/5 - Fitness with Valerie 2pm
- 11/5 - Cookies and Coffee with Senior Benefits 3pm
- 11/6 - Education with Angels Home Care (Understanding Alzheimer's & Dementia) 1pm
- 11/6 - National Nacho Day Serving 3pm
- 11/7 - Fall Fest Fun 3pm
- 11/8 - AL Resident Council Meeting 1pm
- 11/8 - Crafting with Michelle 3pm
- 11/11 - Casino Trip to Mulvane 1030am
- 11/12 - IL Resident Council Meeting 2pm
- 11/12 - Veteran's Day Ceremony 3pm
- 11/13 - Sips with Samantha 3pm
- 11/14 - Total Brain Health Class 8



BIRTHDAYS

Gib S. - 1st
Amelia S - 1st
Linda E - 2nd
Mae G. - 2nd

Loretta H - 4th
Helen P. - 7th
Marcella "Marcie" L. - 7th
Stephanie H. - 9th

Adrienne "Sue" T. - 12th
Martha W - 13th
Jeanne H. - 13th
Jeannie" K. - 15th



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MEET OUR TEAM

Samantha Simmons - Executive Director
Tina Nguyen - Business Office Manager
Tessa Lohrmeyer - Wellness Director
Dmitriy Kiselev - Maintenance Director
Lawonder Markham - Life Enrichment
Director

Carli Birmingham - Sales and Marketing
Director
Crystal Johnson - Housekeeping
Supervisor
Dining Service Director - Brent Blue

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