Strauss Manor
Monthly Newsletter
November 2026





Our newsletter is printed courtesy of Senior Med Solutions
Professionally Managed by Biltmore Properties, Inc.
Published for the Residents of B'nai B'rith Gerd & Inge Strauss Manor on Pantano

Por favor, deje saber a Luz si necesita este boletin traducido verbalmente.

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Important Numbers

Office Hours:
Monday – Friday
8:00 AM – 5:00PM

****

Manager
Veronica Dicochea
(520) 722 - 9015
For TTY users
1-800-367-8939

****

Assistant Manager
Stephen Smith
(520) 722 - 9687

****

Service Coordinator
Luz E. Servin
(520) 722 - 9963

****

Network Center Coordinator
Austin Garland

****

Wellness Director
Troy Pearson

****

AFTER HOURS
Emergency
Jose Servin
(520) 272-3172

****

If Life Threatening or Emergency Call 911

****

Housekeeping
Monica George

****

Strauss Manor Website
straussmanor.org

Join us

Pima Council on Aging
Information and Help
(520) 790 - 7262

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TDD Hearing Impaired
1-800-367-8939

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Board Liaison
Vicky

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Strauss Manor
370 N Pantano Rd.
Tucson, Az. 85710

EQUAL HOUSING OPPORTUNITY

In November we celebrate National Gratitude Month which encourages us to embrace the power of gratitude.
Gratitude is more than simply saying "thank you."
Gratitude has the ability to shift us from focusing on the negative to appreciating what is positive in our lives.
Practicing daily gratitude gives us a deeper connection to ourselves and the world around us.

Thanksgiving Holiday Meal & Office Closures
We are excited to invite everyone to our Thanksgiving Holiday Meal on Saturday, November 21st, at 11:30a.m.!

Our Thanksgiving meal will be catered by Golden Corral and generously funded by our Board of Directors.
We hope everyone will join us for this special time together!

Need your meal delivered to your door? Please call me at 520-722-9963 to arrange delivery.

Holiday Office Closures
Please note the following office closures:

- Wednesday, November 11th: Closed in observance of Veterans Day.

A BIG THANK YOU to all the brave men and women who have served our country.
We appreciate your service and sacrifice!

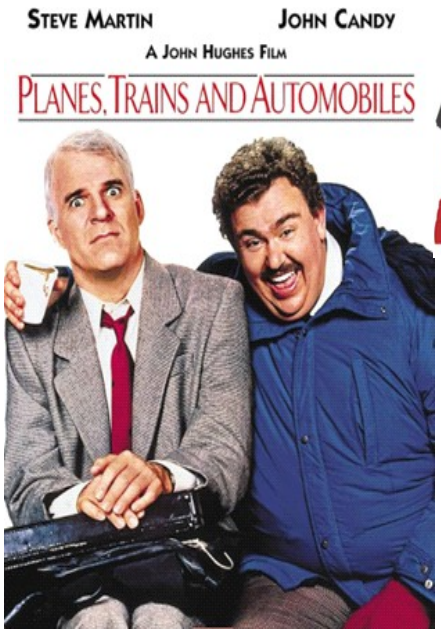
- Thursday and Friday, November 26th and 27th: Closed for the Thanksgiving holiday.

Upcoming Events
We have a full calendar of activities and events scheduled!
Please take a look at your calendar to see what's coming up and choose the events you would like to attend.

We look forward to celebrating the season with you.
Wishing everyone a happy, healthy, and blessed Thanksgiving!

I am so grateful to our Board of Directors, resident volunteers, and community sponsors for all the help, support, and dedication you provide throughout the year. Your generosity and commitment make it so much easier to organize and run these programs, and I truly appreciate everything you do!

Thank you all so much for being such an important part of our community. You are all greatly appreciated!
Wishing you and your families a wonderful, happy, and blessed holiday season!





Come down to the MPR and enjoy a great Thanksgiving movie.
Friday, November 20th @ 3:00pm
Planes, Trains and Automobiles
Popcorn and drinks will be provided.

Planes, Trains and Automobiles is a 1987 American road trip comedy film written, produced, and directed by John Hughes and starring Steve Martin and John Candy, with supporting roles by Laila Robins and Michael McKean.
It tells the story of Neil, an uptight marketing executive, and Del, a well-meaning but annoying salesman, who become travel companions when their flight is diverted, and embark on a three-day odyssey of misadventures trying to reach Chicago in time for Neil's Thanksgiving Day dinner with his family.

From the desk of your Service Coordinator



Luz Servin~
Service Coordinator

Dear Strauss Manor Residents,

As we enter this season of Thanksgiving, we want to take a moment to express how truly grateful we are for each and every one of you. Strauss Manor is more than just a place to live —it is a community filled with life, memories, experiences, and people who each have a unique story to share.

Thanksgiving reminds us to pause and appreciate the blessings we sometimes take for granted. One of those blessings is having a safe, stable, and affordable place to call home. Affordable senior housing provides so much more than a roof over our heads. It offers peace of mind, independence, security, and the opportunity to enjoy our later years with dignity and comfort.

We recognize that life can bring challenges, especially as we grow older and live on a fixed income. Having affordable housing helps ease some of those burdens an allows us to focus on the things that matter most— our health, our families, our friendships, our happiness, and the simple joys of everyday life.
We are thankful for the programs, resources, and people who help make communities like Strauss Manor possible.



We encourage each of you to reflect on the blessings in your life, both big and small. Be thankful for the home you have, the people who care about you, the memories you have made, and the opportunity to continue making new ones.
Even during difficult times, there is still something meaningful to be grateful for.

Most importantly, we want you to know that you are valued, you matter, and you are an important part of the Strauss Manor family.
A community is not built by a building alone, but by the people who call it home. Each of you contributes to making Strauss Manor a special place.

This Thanksgiving, may your hearts be filled with gratitude, your homes filled with warmth, and your days filled with peace, love, and happiness. May we continue to appreciate what we have, support one another, and remember how fortunate we are to have a place where we can feel safe and at home.

From our Strauss Manor family to yours, we wish you a beautiful, blessed, and Happy Thanksgiving!



With heartfelt gratitude and warm wishes,

Your Strauss Manor Management Team!

Strauss Manor's October







Senior Health Fair Highlights












Devoted
HealthSpring








Devoted


PIMA COUNTY
HEALTH DEPARTMENT


DEVON GABLES
HEALTH CARE CENTER

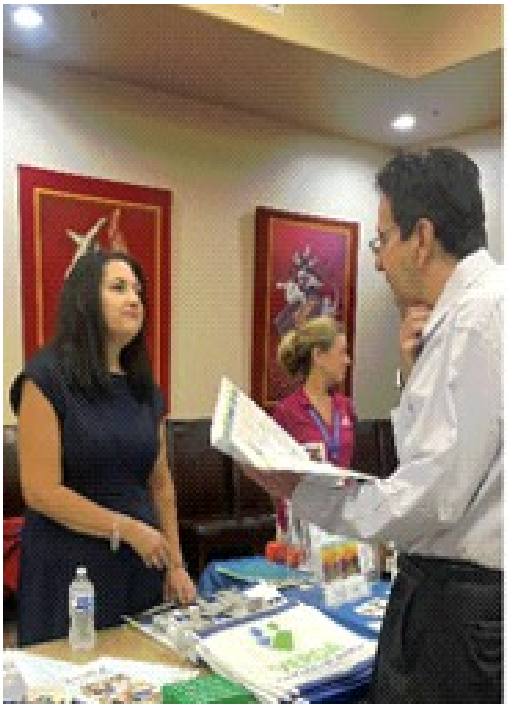

Hospice
OF THE West


HEALTH DEPARTMENT


RESEARCH FOR LIFE







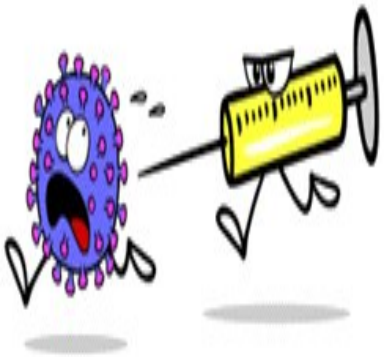
October's Highlights

THANKS TO WALGREENS PHARMACY
FLU AND
COVID-19 VACCINE CLINIC

















WHAT'S GOING ON THIS MONTH





Haircuts with Ashley
Saturday, November 7th
@9:00am
The sign up sheet is in the Coffee room



Come celebrate our November birthdays!

Join us for some delicious cake and ice cream as we celebrate all our November birthdays!
Thursday, November 12th @ 1:00pm

Music Concert
w/ David Gerard Lancaster
Wednesday, November 25th
@ 4:00pm



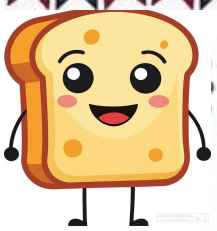


Election Day (Nov. 3, 2026)

- **Recorder's Main Office** – 240 N Stone Ave, Tucson
- **City of Tucson – Ward 2 Office** – 7820 E Broadway Blvd, Tucson
- **Woods Memorial Library** – 3455 N 1st Ave, Tucson
- **Valencia Library** – 202 W Valencia Rd, Tucson



Veterans' Day (November 11th) honors all members of the Armed Forces who served this country valiantly, and in a very big way. They served and fought to protect us, to keep our country safe, and to preserve our way of life. Veterans gave their time and risked their lives for you and me. In some cases, they made the ultimate sacrifice. **We would like to THANK all our veterans here @ Strauss Manor and all over the United States for having served to keep the peace and preserve our independence and freedom.**



Monday, November 16th

@ 9:00am in the MPR



Hometown Heroes

VETERANS DAY BREAKFAST

Sponsored by Eden Health Hospice and Senior Med Solutions



MORE GOING ON THIS MONTH

Resident's Thanksgiving Luncheon Celebration

Saturday, November 21st @11:30am

Thanksgiving Menu

Sliced Turkey, Cornbread Stuffing, Mashed Potatoes & Gravy, Sweet Potato Casserole, Green Beans, Home-style yeast Rolls w/Honey Butter & Slice of Pumpkin Pie w/Whipped Cream



"We should certainly count our blessings, but we should also make our blessings count."

NEAL A. MAXWELL



You're Invited To Coffee and Conversations!

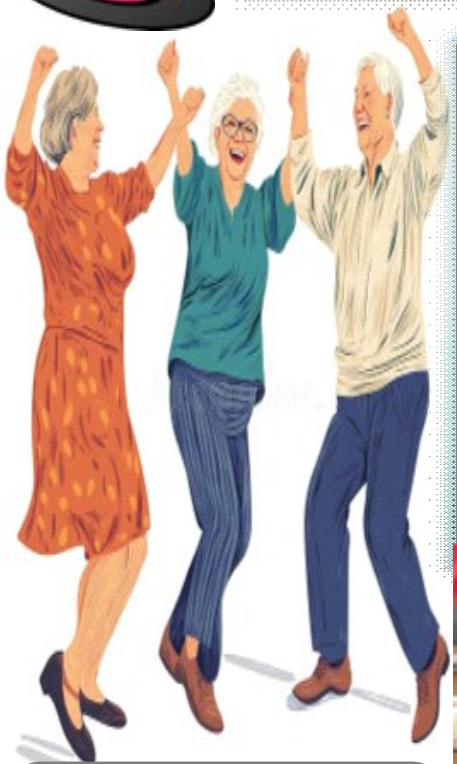
Monday- Saturday @ 9:00am in the coffee room

Good coffee, great company and meaningful conversations!











W/Brenda Gorby
Wednesday,
November 25th
@ 10:00am

Sewing Class
Mondays,
November 9th
and 23rd
@ 10:00am





DANCE
Wednesday,
November 18th
@ 4:00pm



Tatyana's
Piano Time
Mondays &
Thursdays
@ 5:00PM



Manager's Corner



Reminder: Please Do Not Feed Stray Animals

Dear Residents,

Please be reminded that feeding stray animals or leaving food or water outside for them is against Strauss Manor's house rules.

We have noticed an increasing number of stray cats making Strauss Manor their home.
While we understand that many residents care about these animals, feeding them encourages them to remain on the property and may attract even more cats and kittens.

To help manage the stray cat population and maintain a clean, safe, and beautiful community, we kindly ask all residents to refrain from feeding stray cats or leaving food or water outdoors.
Leftover food can also attract other unwanted animals and pests.



Your cooperation is essential in helping us keep Strauss Manor a pleasant environment for everyone.
Thank you for doing your part and respecting our community rules.

Sincerely,
Management

Please look out for your Social Security Letters that will stipulate your new income amount for the upcoming year 2027. These are very important as you will need them throughout next year. Keep them in a safe place.



Social Security Administration
Supplemental Security Income
Important Information

Also, Please bring your NEW Social Security award letters to the office as soon as you get them, so we can make a copy. Everyone should be getting a 3.6% cost of living (COLA) raise and we need this information as it is a change in your income. Social Security will be mailing the new award letters out in December. Also, if you have a new phone number, please make sure you let the office know to update on your file.

Thank you,
Management!

November Word Search

Find the words hidden below! Words may go across, down, or diagonally.



Word List:



- NOVEMBER
- THANKFUL
- GRATITUDE
- FAMILY
- HARVES
- AUTUMN
- PUMPKIN
- LEAVES
- TURKEY
- KINDNESS
- COMMUNITY
- FRIENDS
- GATHER
- SHARE
- BLESSINGS

A	M	A	G	S	D	N	E	I	R	F	N	J	B	Q
O	F	O	F	V	X	L	E	A	V	E	S	S	R	J
W	A	F	Y	U	A	K	I	N	D	N	E	S	S	H
Z	M	L	W	E	U	H	F	U	O	Y	E	Y	B	A
K	I	E	F	Q	T	F	W	A	U	L	I	T	Y	R
T	L	P	A	E	U	R	Z	N	D	R	V	I	O	V
H	Y	P	R	I	M	X	Y	Q	I	A	P	N	Z	E
B	W	A	U	D	N	Q	O	Y	E	K	R	U	T	S
T	H	A	N	K	F	U	L	I	P	O	P	M	J	T
S	F	Y	N	O	V	E	M	B	E	R	D	M	K	Z
F	V	P	U	F	X	Y	R	C	U	O	W	O	U	K
V	C	D	B	L	E	S	S	I	N	G	S	C	M	P
G	D	M	X	C	L	K	F	G	A	T	H	E	R	Q
P	H	G	R	A	T	I	T	U	D	E	Z	A	R	A
R	I	S	B	Q	O	J	R	C	S	F	X	W	T	P

NOVEMBER 2026



B'NAI B'RITH

GERD & INGE STRAUSS MANOR

WELLNESS CENTER



TIPS FOR A HEALTHY THANKSGIVING

DON'T SKIP BREAKFAST: Skipping breakfast to save room for Thanksgiving dinner leads to eating more later. Eat a nutrient-rich breakfast to start your day off right!

STAY HYDRATED: Drink plenty of water throughout the day. Staying hydrated can help suppress your appetite and jump start your metabolism. Don't drink your calories!

PRACTICE PORTION CONTROL: Use a smaller plate and choose smaller portions of the healthier foods on the menu.

CHOOSE FRUITS, VEGGIES AND PROTEIN FIRST: Before filling your plate with less healthier foods, start with the healthy choices that will help you stay on track.

PRACTICE MINDFUL EATING: Eat slowly and savor every bite. It takes our bodies about 20 minutes after we start eating to feel like we are full. Eating at a slow pace will often keep us from going back for seconds.

AVOID SNACKING TEMPTATIONS: While waiting for the main courses, it is so easy to fill up on snacks or to eat a little here and there while you cook. Try to avoid snacking and filling up on the wrong foods before you get to savor some of your favorites.

GO FOR A WALK: Gather your family and friends and walk some of those calories away with your loved ones!

WELLNESS CENTER CALENDAR NOVEMBER 2026





TUESDAY, NOVEMBER 3RD

NOON–SIMPLY SEATED (VIDEO)

2:00PM–HANDBELLS (INTERACTIVE)

THURSDAY, NOVEMBER 5TH

NOON–CHAIR TAI-CHI (VIDEO)

2:00PM–BALANCE & BREATH (VIDEO)

TUESDAY, NOVEMBER 10TH

NOON–SIT & BE FIT (VIDEO)

2:00PM–CARDIO-DRUMMING (INTERACTIVE)

THURSDAY, NOVEMBER 12TH

NOON–TAI-CHI (VIDEO)

2:00PM–HANDBELLS (INTERACTIVE)



TUESDAY, NOVEMBER 17TH

NOON–UPPER BODY STRETCH (INTERACTIVE)



2:00PM–LOWER BODY STRETCH (INTERACTIVE)

TUESDAY, NOVEMBER 19TH

NOON- CHAIR-DANCING (VIDEO)

2:00PM–AGELESS YOGA (VIDEO)

TUESDAY, NOVEMBER 24TH

NO CLASSES

THURSDAY, NOVEMBER 26TH

NO CLASSES





Resident Activities November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 9:00AM AVON 2:00pm BINGO	3 11:30am-1:30pm Medicare/DES Information W/Fernando Diaz	4 10:45am Grilling Day 	5 11:30am-1:30pm Medicare/DES Information W/Fernando Diaz	6 1:00pm BIBLE Study 3:00pm MOVIE TIME	7 9:00am Haircuts W/Ashley  Ping Pong/ Card Games Day
8 	9 10:00am Sewing Class 2:00pm BINGO	10 11:30am-1:30pm Medicare/DES Information W/Fernando Diaz	11 Offices Closed 	12 11:30am-1:30pm Medicare/DES Information W/Fernando Diaz	13 3:00pm MOVIE TIME	14  Ping Pong/ Card Games Day 
15 	16 9:00am Resident Veteran's Day Breakfast/ Pinning Ceremony To honor Our Veterans 2:00pm BINGO	17 9:00am Mental Health Presentation W/ArchWell 11:30am-1:30pm Medicare/DES Information W/Fernando Diaz	18 9:00am Devon Gables Blood Pressure Clinic  4:00pm Dance 	19 11:30am-1:30pm Medicare/DES Information W/Fernando Diaz 2:00pm Black Friday Online Shopping W/Austin	20 1:00pm BIBLE Study 3:00pm MOVIE TIME	21 11:30am Resident Thanks-giving Luncheon Celebration 
22 	23 10:00am Sewing Class 2:00pm BINGO	24 11:30am-1:30pm Medicare/DES Information W/Fernando Diaz 2:00pm Charlie Brown's Thanksgiving Movie W/Austin	25 10:00am CRAFT CLASS W/Brenda Gorby 4:00ap Music Concert W/David Gerard Lancaster	26  Offices Closed For the Thanksgiving Holiday	27	28  Ping Pong/ Card Games Day 
29 	30 2:00pm BINGO	Austin's Schedule Tuesdays & Thursdays 9:00am-5:00pm			Morning Monday-Saturday @ 9:00am 	