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| **November Purposeful Programming** | |
| DAY | CELEBRATION IDEAS AND RESOURCES |
| November 1st:  **National Cinnamon Day** | * Invite residents and team members to share their favorite **recipes** or **try these**:   + [Apple Cider Recipe](https://www.allrecipes.com/recipe/211772/homemade-apple-cider/)   + [Vanilla Cinnamon Almond Butter](https://mymasterpieceliving.com/resource/vanilla-cinnamon-almond-butter-recipe/)   + [3-Ingredient Cinnamon Ornament (bake and no-bake options)](https://mymasterpieceliving.com/resource/3-ingredient-cinnamon-ornaments/)   + [Cinnamon Stick Crafts](https://www.homedit.com/cinnamon-stick-crafts/) * Hold a “Pop up” Cinnamon Sachet-Making booth. Have volunteers sew simple fabric sachet packets ahead of time and schedule pop-In times for residents interested in making a **cinnamon sachet** this day/week.   + [DIY Drawer Sachets](https://www.thepioneerwoman.com/home-lifestyle/crafts-diy/a85361/diy-drawer-sachets/) * Article: [10 Proven Benefits of Cinnamon](https://www.healthline.com/nutrition/10-proven-benefits-of-cinnamon#section1) * Article: [History of the spice: Cinnamon](https://www.history.com/news/cinnamons-spicy-history) * YouTube Videos:   + [Where Cinnamon Comes From](https://www.youtube.com/watch?v=ccbhaxE5B24) (7min)   + [Cinnamon: Harvesting Cassia in the Jungles of Sumatra](https://www.youtube.com/watch?v=x0mSpoth6xU&feature=youtu.be) (2 min & set to music) |
| November 4th:  **National Stress Awareness Day** | * Master-Peace Circle Guided **Meditations**:   + [Spreaker Link](https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fmymasterpieceliving.us13.list-manage.com%2Ftrack%2Fclick%3Fu%3D498b978050979d1f85c4b4e16%26id%3Ddbcc730af9%26e%3Ddde14ad732&data=01%7C01%7Ckai%40mymasterpieceliving.com%7C980c2890fe644312fad408d833bf478d%7C21451a7b244a402e9826c9a72e6863ff%7C0&sdata=lN9ez%2BNMd3j09RRKB3bJ1ukfwZmOhBpJ9LBod40MjOg%3D&reserved=0)   + [YouTube Link](https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fmymasterpieceliving.us13.list-manage.com%2Ftrack%2Fclick%3Fu%3D498b978050979d1f85c4b4e16%26id%3D118b3f1d28%26e%3Ddde14ad732&data=01%7C01%7Ckai%40mymasterpieceliving.com%7C980c2890fe644312fad408d833bf478d%7C21451a7b244a402e9826c9a72e6863ff%7C0&sdata=jrv2pPGUI7bRrSsJYqb4CNsjlz9jxqbKgBzwZJ4df3I%3D&reserved=0) * **Moment of Reflection** Worksheet: [Exploring a Struggle](https://mymasterpieceliving.com/resource/exploring-a-struggle-moment-of-reflection/) * **Article** by Danielle Palli:   + [I Want to Be Social but People are Scary (particularly during a pandemic)](https://mymasterpieceliving.com/resource/i-want-to-be-social-but-people-are-scary-particularly-during-a-pandemic/) * Stress Ball Station: Make a **Stress ball** today!   + Using a latex balloon, cornstarch and water <https://www.youtube.com/watch?v=ndp2gq6wveM> |
| November 10th: **Young Readers Day** | * Next Avenue published this article: [5 Ways to Support Youth During the Coronavirus Pandemic](https://mymasterpieceliving.com/resource/5-ways-to-support-youth-during-the-coronavirus-pandemic/), and mentions <https://caribu.com/> which is geared toward **younger readers.** * Article by Greater Good: [Finding Purpose By Connecting Across the Generations](https://greatergood.berkeley.edu/article/item/find_purpose_by_connecting_across_the_generations?utm_source=Greater+Good+Science+Center&utm_campaign=c683684396-EMAIL_CAMPAIGN_GG_Newsletter_August_6&utm_medium=email&utm_term=0_5ae73e326e-c683684396-74040827)   + A few resources from the article to **connect** with younger generations:     - [Mon Ami](https://www.monami.io/) makes it easy to build connections across generations in a time of need.     - [AARP Experience Corps](https://www.aarp.org/experience-corps/) intergenerational volunteer-based tutoring program that is proven to help children who aren’t reading at grade level become great readers.     - [Eldera](https://www.eldera.ai/) free service that pairs kids with mentors for virtual story times, activities or just a friendly conversation. * Article by Dr. Roger: [Intergenerational Social Connectedness and Health](https://mymasterpieceliving.com/resource/intergenerational-social-connectedness-and-health/) |
| November 13th:  **World Kindness Day** | * <https://inspirekindness.com/world-kindness-day>   + Focus on team members with these [World Kindness Day printables](https://s3.us-east-2.amazonaws.com/inspire-kindness/World_Kindness_Day_Business_Printables.pdf). * <https://www.randomactsofkindness.org/world-kindness-day> * Create small physical distancing groups of team members and residents and read this [Kindness Meditation](https://mymasterpieceliving.com/resource/inspire-session-2-kindness-meditation/). * Articles:   + [Hard-wired for Kindness](https://mymasterpieceliving.com/content/uploads/2019/04/FC_Hardwired-for-Kindness.docx) by Dr. Roger Landry   + [Kindness in Crisis](https://mymasterpieceliving.com/resource/kindness-in-crisis/) by Teresa Amaral Beshwate, MPH * Dr. Roger and Friends Facebook video (11 min):   + [RAKtivism and Volunteering (Even When You’re Stuck Inside)](https://www.facebook.com/brightsideoflongevity/videos/239881353819826/%20%20%0d)      - [Points of Light](https://www.pointsoflight.org/?fbclid=IwAR1WzRZVK3DLab1B5naoiedOn7e9a6SKls31Z6mkmm-SiYq5NlCXvkzxgoI) collaborates with volunteer-mobilizing organizations around the world: get involved! |