



IMPORTANT DATES:

- ♥ **Friday, November 2:** Día de los Muertos, bring pictures for the altar
- ♥ **Sunday, November 4:** End Daylight Savings Time-Turn back your clocks one hour
- ♥ **Tuesday, November 6:** VOTE!
- ♥ **Wednesday, November 7:** Foothill Clinic will give free flu shots here 9AM to Noon
- ♥ **Friday, November 9:** Non school day due to Parents conference day at MHUSD
- ♥ **Monday, November 12:** Holiday ~ Veterans' Day **NO** classes
- ♥ **Sunday, November 18:** Basket Delivery noon-4PM (you must have qualified and signed up to receive a basket)
- ♥ **Monday-Friday November 19-23:** Thanksgiving Week vacation – No classes
- ♥ **Thursday, November 22:** Happy Thanksgiving!
- ♥ **Wednesday, November 28:** Food Giveaway. Please bring your bags
- ♥ **Friday, November 30:** Sister Raquela comes to do health checks.

November is the month of the Thanksgiving holiday. Here are some short Thanksgiving quotes:

*Appreciate all that you have...
Be present in all things and thankful for all things...
Give thanks with a grateful heart...
Eat, drink and be thankful...
In everything, give thanks...
I am thankful, for my blessings are too many to count...
Thankful every day; blessings beyond measure...*

More about thankfulness:

Thankfulness is healthy. People who are continually grateful are generally in better health than those who aren't. Conversely, complaining (the opposite of thankfulness) is at least as unhealthy as having a poor diet. The difference in physical symptoms between thankful people and bitter people is startling.

Thankfulness is a strong anti-depressant. Sometimes simply stating your gratitude out loud – even just two or three things you're grateful for, no matter how small – can change your mood for the rest of the day.

Thankfulness is an act of humility. You're acknowledging that you're dependent, not self-sufficient. And God is drawn to humble hearts.

Gratitude shifts your perspective. It makes you realize the glass isn't half-empty. In most cases, it's actually more than 90 percent full.

Let us be thankful people, not just on Thanksgiving Day, but every single day. We are indeed blessed.

I thank each of you for being part of the Center, especially during this milestone year : 25th Anniversary of the Center. Thank you for the talents you bring. Thank you for the gift of your life.

*Indeed, we feel GRATEFUL ~
THANKFUL ~ BLESSED.*



NOVEMBER PRESCHOOL Themes

- Week 1:** Farm Animals
- Week 2:** Vegetables
- Week 3:** Native Americans
- Week 4:** Thanksgiving

