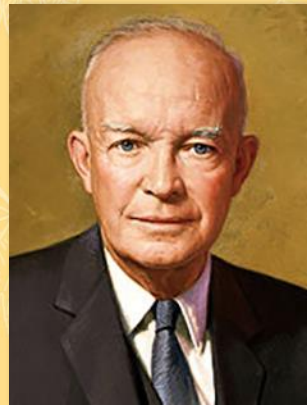




Notable Quotable

“Neither a wise man nor a brave man lies down on the tracks of history to wait for the train of the future to run over him.”

~ Dwight D. Eisenhower, U.S. president



November Birthdays

Nelson Q- 11/2
AL L-11/3
Cara P-11/3
Carl C-11/3
David C-11/4
Raymond M-11/7
Gloria W-11/7
Lucy L 11/8
Nancy C 11/7
Carol D 11/11



Employee of The Month

Kelly In Laundry

**Thank You
for being awesome**



Full Steam in Small Scale

November is Model Railroad Month, and boy, have model trains come a long way!

In the earliest days of model trains, there were no standardized scales. Serious hobbyists and manufacturers eventually teamed up to produce officially scaled trains and parts, allowing modelists to create vast layouts that mirror real places and historical periods to scale to the tiniest detail. Different scales call

for different layouts. HO scale is the most popular, with cars often no longer than a pencil. This makes HO-scaled trains perfect for indoors. G-scaled trains are larger and more durable, so they are great for outdoor garden exhibits. O-scale trains fall right in the middle; they are large enough to highlight detail and small enough for children’s hands. That’s what makes the O-scale the classic choice to run ’round the Christmas tree.

Hilton East Herold

November 2025

Celebrating November

11/5 @ 1pm
Shopping at Walmart

11/12 @ 9am
Breakfast at Denny’s

11/19 @ 1pm
Shopping at Aldis

11/20 @11am
Ordering in from Salvatore’s

11/22 10-2pm
Fall Craft Fair Friends & Family Welcome

11/25 @11am
Lunch at Hilton Diner

Celebrate Your Unique Talent Day
November 24

Thanksgiving (U.S.)
November 27

Hilton East Assisted Living
231 East Ave Hilton, NY 14468 |
585-392-7171 |

Talkin’ Turkey (and Chickens)

When it comes to barnyard birds, turkeys and chickens rule the roost, but not in the same way. November might be the turkey’s time to shine (or roast), but chickens hold their own all year long.

Let’s start with turkeys. Wild ones can fly—surprisingly fast and far, actually—and they sleep in trees. They’re also pretty clever at dodging predators and, yes, humans. Domesticated turkeys, on the other hand, aren’t quite so nimble. Their flashy fans and “gobble gobble” calls are iconic this time of year, but only the males gobble; females stick to more modest clucks and chirps.

Chickens, meanwhile, are the overachievers of the coop. They come in all sorts of breeds, from poofy-headed Polish chickens to speckled Sussex. They each lay about 250–300 eggs a year, which is pretty impressive considering they’re also known to chase bugs, peck your shoelaces, and form complicated social hierarchies.

In fact, chickens have become so popular that many people now keep them in their backyards. (cont. on pg. 4)



Name of the Month

What is it about the name Rogers in November? The name is shared by many celebrities born this month.

There’s Will Rogers, one of the most famous satirists of the 1920s and 1930s; he was born November 4, 1879. Roy Rogers, the famous singing cowboy and actor, was born November 5, 1911. Kenny Rogers, the baseball pitcher who once

pitched a perfect game, was born November 10, 1964. George Rogers Clark, the American Revolutionary War general known as the “Washington of the West,” was born November 19, 1752. Baseball pitcher Buck Rogers was born November 5, 1912. If you know anyone who’s expecting a baby in November, suggest Rogers. It just may be the perfect name for a November baby.

From The Administrators Desk

Dear Residents,



As autumn settles in and the crisp air reminds us that the holidays are just around the corner. I want to take a moment to reflect on the many things we're grateful for here at Hilton East. November is the time for thankfulness, togetherness, and reflection-and our community continues to shine because of each of you.

The holidays can bring both joy and nostalgia. Please know that our staff is here to support residents emotionally as well as physically. Whether it's sharing stories, offering companionship, or helping arrange family visits, we're committed to making this season meaningful and full of warmth.

Wishing you all a wonderful November filled with gratitude, love, and connection.

Your Administrator
Jamie Baldwin

From The Recreation Desk



As the leaves outside continue to paint the world with vibrant hues of red and gold, we step into the heartwarming month of November in our community. Tell yourself it's ok to step outside your comfort zones to embrace your inner curiosity by joining different activities that will benefit your well-being.

Please bring your sense of humor on Thursday November 6th at 2pm for one of our new activities Let's get cheesy. We will have our Veterans Day events with Lap Robes for Veterans on Friday November 7th and Tuesday November 11th with special guest DJ Dan. On Saturday November 22nd from 10am-2pm we are having our Fall craft fair. Please share with your family and friends to attend. As always please read your calendars for daily activities. Thank you all for making our time together meaningful.

Your Activity Director
Tracy Crooks

From The Dietary Desk



I am excited to be your new Dietary Director if you have any questions or concerns feel free to set up a time to speak with me. We are doing our best to accommodate all your requests and suggestions and we hope you're noticing our hard work and dedication to serving you the best we can.

Your Dietary Director
Ashley Guyer

From The Residents



Please join me for some crafting that will be announced the day of. It's a nice way to stay connected with each other suggestions are always welcome. Current projects include jewelry making, stencil projects and more. Thank you

Resident
Paula Keller

If you would like to add a comment for our next newsletter, please see the recreation team.