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**Newsletter Info:**

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Two events will be celebrated on November 10th this year-Veterans Day and the Marine Corps Birthday. Veterans Day is an important day to honor and show appreciation to all who have served in the United States Military. The United States Marine Corps will be celebrating their birthday on November 10th as well. This U.S. Armed Forces combined arms task force on land, at sea, and the air.



## **GMVC TRIPS FOR THE MONTH OF NOVEMBER**

**CONTACT: BRIANNA WISOWATY, THERAPEUTIC ACTIVITIES  
WORKER IF YOU WOULD LIKE MORE INFORMATION!**

**FRIDAY NOVEMBER 3RD-PENGUINS HOCKEY GAME-WILKES BARRE**

**SATURDAY NOVEMBER 4TH VALHALLA MILITARY BALL-PECKVILLE**

**TUESDAY NOVEMBER 7TH CASINO TRIP-MOHEGAN SUN WILKES BARRE**

**TUESDAY NOVEMBER 14TH DENNY'S-DICKSON CITY**

**TUESDAY NOVEMBER 21ST-ELECTRIC CITY AQUARIUM-SCRANTON**

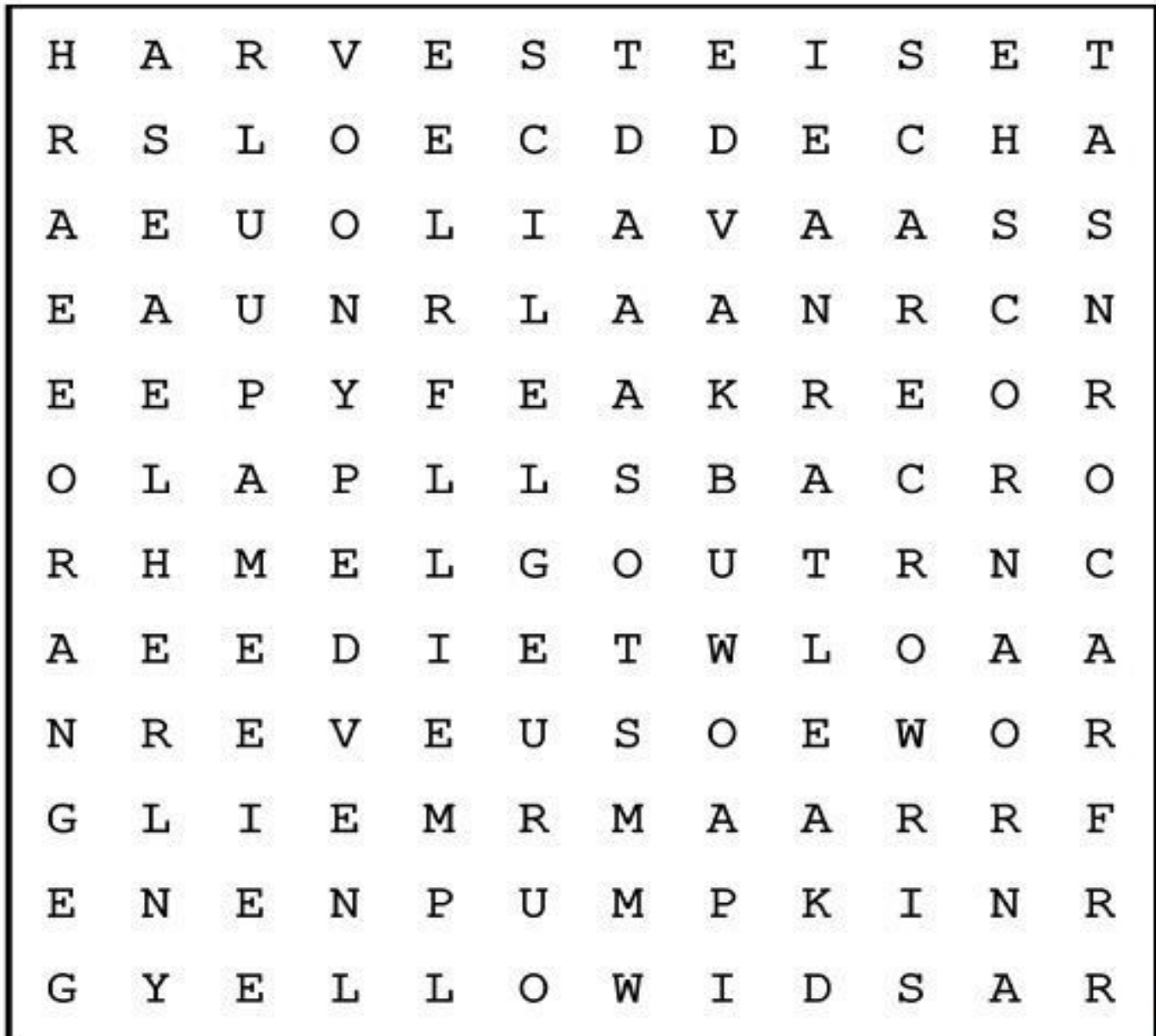
**WEDNESDAY NOVEMBER 22ND-CINEMARK MONTAGE MOUNTAIN**

**THURSDAY NOVEMBER 30TH-POST TRIP/ BLACK WALNUT POST 510**

*Enjoy*

# FUN FALL WORD SEARCH

Find each of the fall words hidden below.



## WORDS TO FIND:

pumpkin	harvest
yellow	apples
scarecrow	hayride
autumn	red
leaves	Thanksgiving
sunflower	football
acorns	orange
corn	





Myth or truth eating turkey on Thanksgiving makes you tired? “Turkey does contain tryptophan, an essential amino acid involved in sleep regulation but, this is not solely the reason for being tired. There are more factors that contribute to this such as finally being able to relax, eating larger meals, and consuming more alcohol than usual”(Zauberman, 2023).

#### Reference

Zauberman, K. (2023, July 20). *Why Does Turkey Make You Sleep? Here's the Truth, According to Experts*. Retrieved from The Pioneer Woman: <https://www.thepioneerwoman.com/food-cooking/a44601786/why-does-turkey-make-you-sleepy/>

**MONETARY DONATIONS:**

\$500 Amie Yanac

\$50-Judith Restiano

\$5000-Baker Tilly Foundation

\$500-Edward Bardonski

\$500-Scranton Central Labor Union

\$1000-John J. Michales Veterans of Foreign Wars

\$750-Scranton Bike Week

\$410-Boscov's Friends and Family

\$28-Family Council

\$10-Raymond Talmadge-Bingo Donation

**MEMORIAL DONATIONS:**

\$25 -Wilfred and Geraldine Gardiner In Memory of Barbara Hunadi

\$200-Tracey Spriggs and David Compton In Memory of Anthony Sabia

\$50-Lawrence and Noreen Ludwig In Memory of Joseph King

\$25-Victor and Debra Usenko-In Memory of Anthony Sabia

\$100-Frederick Pittack SR-In Memory of Deborah Zayas

NOVEMBER'S BIRTHDAY'S

Donald Horchos-11/02

Ed Bardonski-11/05

Grace Ann Brunisifski-11/06

Wohali Agvnige-11/10

Roy Britton-11/12

Eugene Barkasy-11/13

Thomas Gamble-11/15

John Holmes-11/15

Thomas Jenkins-11/20

Robert Lee-11/21

Michael Homisak-11/22

Richard Stranko-11/22



# TAPS

Gino J. Merli Veterans' Center extends its deepest sympathy to the loved ones of the following Veterans who have passed away. Their presence will be greatly missed.



Frank Sotille-10/01/2023

Richard Spaletta-10/20/2023

Charles Wheeler-10/23/2023