



# COOL News

"The real gift of gratitude is that the more grateful you are, the more present you become."  
– Robert Holden



## Discover This Month

November is here, bringing the season of gratitude and connection. In this month's COOL News, explore exciting activities, community events, heartwarming memories, important announcements, puzzles, celebrations and more. Let's come together and embrace the joy and warmth this season brings!

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[Click Here](#)

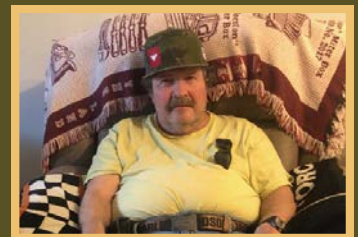
Click here or scan the QR code for the English Newsletter Audio



**Gardening Basics**  
See more on page 1.



**Cooking Class**  
See more on page 2.



**Greg's Goal-Getting Grit**  
See more on page 3.

# Community Resources

Interested in any of these resources? Click the buttons or scan the QR codes to learn more.



## Find Free Food Assistance

*Available Now*

**Location:** Ventura County, CA

Find nearby food pantries, mobile distributions, and meal programs in Ventura County using Food Share's resource locator.



[Click Here](#)



## Technology Help

*Sundays, November 3, 10, 17, 24 | 2:00pm - 4:00pm*

**Location:** Camarillo Public Library, Tech Lab

4101 Las Posas Rd, Camarillo, CA 93010

Drop by for personalized tech help on anything from setting up emails to troubleshooting software.



[Click Here](#)



## Little Seedlings: Gardening Basics

*Saturday, November 2 | 2:00pm - 3:00pm*

**Location:** Camarillo Public Library, Homework Center

4101 Las Posas Rd, Camarillo, CA 93010

Learn gardening basics and take home seeds to plant. Perfect for all ages, focusing on California native plants.



[Click Here](#)



## Santa Paula Art Museum Free Admission Day

*Sunday, November 3 | 12:00pm - 4:00pm*

**Location:** Santa Paula Art Museum

117 North 10th Street, Santa Paula, CA

Explore exhibitions, join art activities, and discover local history for a fun day out.



[Click Here](#)



## Christmas Parade & Santa's Village

*Saturday, December 14 | 9:00am - 2:00pm*

**Location:** Camarillo Community Center

1605 Burnley St, Camarillo, CA

Enjoy the annual Christmas Parade and holiday shopping at Santa's Village, with craft booths, food vendors, more!



[Click Here](#)



# November 2024 Activities

## Location:

*Cooking Classes & Peer Groups* will take place downstairs in the Temple Grandin Conference Room.

Scan the QR code or click the button to sign up for **December 2024 SAGE Activities:**



[Click Here](#)

## Mondays



**Cooking Class**  
5:00pm-7:00pm

## Thursdays



**Peer Group & Social Hour**  
5:00pm-7:00pm



Are you interested in more activities and social recreation opportunities? Check out what **805 Connects** has to offer!



[Click Here](#)

## New Day, Same Delicious Fun!



SAGE Services Cooking Classes are moving from Wednesdays to Mondays!

Join us for fun and flavorful sessions starting the first Monday in November.

## Making Moments Matter



## Greg's Goal-Getting Grit



Greg, a dedicated member of SAGE Services since January 2009, is a true example of perseverance and personal growth. "I enjoy participating in activities with my staff out in the community like going for walks and the library for tutoring," Greg says. A passionate Raiders fan and an avid bicycle enthusiast, Greg embodies staying active in both body and mind.

Even while taking a short break from working on bicycles, he continues to challenge himself by improving his reading through tutoring sessions at the library. Greg's love for game night, cooking class, and playing Uno highlights his joy in connecting with others and trying new things. His journey shows that with determination and an open heart, there are endless opportunities for learning and growth, inspiring others to make the most of every day.



Greg relaxing after an active day with the SAGE Services community

# November Puzzles



Click Here

Click the button or scan the QR code to access our puzzles online

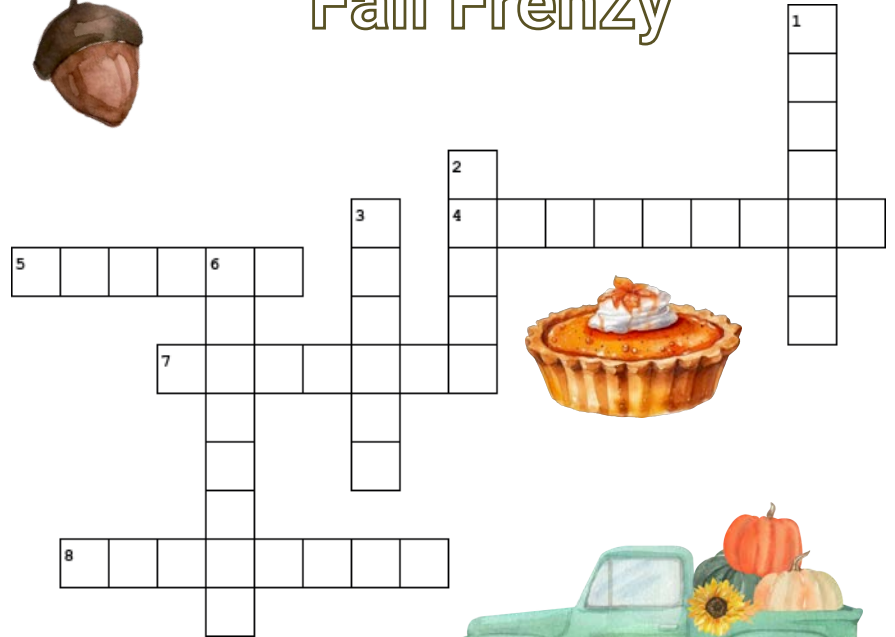
**Across**

- 4. Tart red fruit for sauce
- 5. Edible gourd
- 7. Popular fall gourd
- 8. Feeling of gratitude

**Down**

- 1. Early settler at Plymouth
- 2. Nut of an oak tree
- 3. Traditional Thanksgiving bird
- 6. Filling inside a turkey

## Fall Frenzy



## Harvest Hunt

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

**Word Bank**

- ACORN
- OAK
- MAPLE
- BIRCH
- CHESTNUT
- SQUIRREL
- PINECONE
- FOX
- HARVEST
- MUSHROOM
- FERN
- MOSS
- HEDGEHOG
- BRANCH
- FOREST
- GOURD
- BARK
- LEAF
- RIVER
- SUNSET

# November 2024

## Happy Birthdays and Anniversaries

<b>1</b> Javier Georgina Diane 4 years Steven 14 years Maria 2 years	<b>7</b> Nena	<b>13</b> Thomas	<b>19</b> Livi 6 years
<b>2</b> Mia Darrin 15 years Diane 15 years	<b>8</b> Isabel	<b>14</b> Amanda Evan 10 years Caroline 10 years	<b>25</b> Brando 5 years Valerie 4 years
<b>3</b> Angela 6 years Alan 18 years	<b>9</b> Hyrum 4 years	<b>15</b> Chelsea Gladys 3 years Maverick 3 years	<b>26</b> Robert Melissa
<b>4</b> Alejandro 5 years Chantell 2 years	<b>10</b> Enrique Josephine 2 years	<b>16</b> Ben Diane Roberto Ricardo 6 years	
<b>5</b> Jesse	<b>11</b> David	<b>17</b> Sundae Andrea	
<b>6</b> Shawn Maricruz Jeremiah 1 year Joshua 1 year Joshua 7 years Ryan 18 years	<b>12</b> Andrea Seth	<b>18</b> Arturo 3 years	

### Monthly Jokes

**Q:** Why didn't the turkey eat dessert?

**A:** He was already stuffed!

**Q:** How do leaves get around?

**A:** They ride autumn-mobiles!

**Q:** Why was the stadium so hot?

**A:** Because all the fans left!

**Got a story, photo, or event?  
Share it with us!**

**Email us at:**

**[Sage@NewslettersOnline.org](mailto:Sage@NewslettersOnline.org)**

**Together, we make this  
newsletter awesome!**