Forster Woods Connection

— NOVEMBER 2026 —

A Month to Remember



October was full of fa-boo-lous fun, fall festivities, and unforgettable memories at Forster Woods! Our Forster Apple Fest was a sweet success, with our apple stacking game becoming a crowd favorite! We kept the excitement going with Spirit Week, where each day brought a new theme, and we loved seeing everyone get into the spirit! Of course, the biggest treat of all was our Halloween Monster Mash Party! Everyone looked spooktacular in their costumes as we enjoyed games like Candy Corn Bowling, Punch a Pumpkin, Spider Scoop, and even Halloween-themed snow cones! From autumn adventures to Halloween thrills, October was certainly a month full of treats, laughter, and memories we'll cherish. Now we're ready to leaf October behind and welcome everything November has in store!

Gathering & Giving Thanks



We're kicking off November with a little friendly rivalry at our MSU vs. Michigan Tailgate Party! Participants will get into the game-day spirit with football-themed games, Football Bingo, and some tasty treats! We'll also take time to honor our heroes with a special Veterans Day celebration featuring a baking activity and a look back at history. Later in the month, we're excited to welcome Jesse G. from the Lansing Lugnuts for a special presentation! And of course, we can't forget Thanksgiving! We'll gather around for a delicious holiday meal and a festive party celebrating friendship, gratitude, and togetherness. With so much to look forward to, November is sure to be a month full of thankful hearts and wonderful memories at Forster Woods!

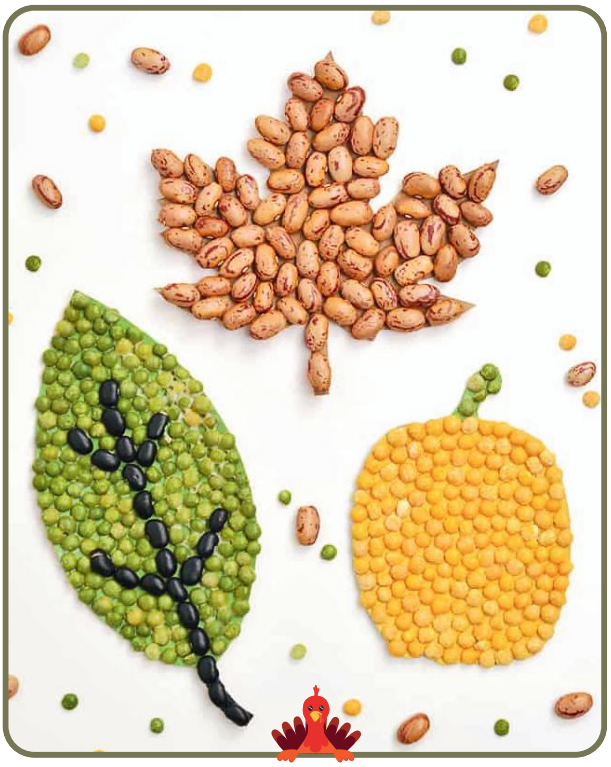
MSU Nursing Students

As we head into November, we'll be saying goodbye to our two groups of Michigan State University nursing students as they wrap up their time at Forster Woods! During their final week, each group will lead a special Health Promotion Project with our participants. One group will celebrate the season with a 3D turkey craft and thankful coloring pages, while the other will share an educational presentation on safe medication disposal. We've loved having the students become part of our Forster Woods family, and we're so grateful for the kindness, creativity, and meaningful connections they've shared with our participants. We wish them all the best as they continue their nursing journeys!

Forster Woods
Adult Day Services

Craft Corner & Recipe of the Month

Fall Bean Mosaics



Materials:

- Cardboard Cut-Out
- White Glue
- Dried Beans
- Acrylic Paint
- Paint Brush
- Cup







Directions:

1. Start by painting your cut-out (pumpkin, leaf, corn, etc.) with acrylic paint. Allow it to dry.
2. For details, add a line of glue where you want them and start adding your beans. Add glue to the rest of your cut-out and add as many beans as possible.
3. Try to fill the sections with diffreent beans, to match the color of the paint. Repeat until the whole leaf is covered.



Pumpkin Cookies

Ingredients:

- ¾ C Unsalted Butter
- 1 C Light Brown Sugar
- 2 Egg Yolks
- 2 tsp Vanilla
- ½ C Pumpkin Puree
- 1 ¾ C AP Flour
- 1 Tbsp Pumpkin Pie Spice
- ½ tsp Baking Soda
- ½ tsp Baking Powder
- ½ tsp Salt

Spiced Sugar:

- ¼ C White Sugar
- ½ tsp Pumpkin Pie Spice

Directions: **18 Cookies**

1. Preheat oven to 350 F and line two baking sheets with parchment paper.
2. Spread puree on a plate and lightly press with a paper towel to absorb excess moisture. Repeat a few times.
3. Whisk together the flour, pumpkin pie spice, baking soda, baking powder, and salt. Set aside.
4. In a large bowl, cream the butter and brown sugar until light and fluffy. Add in the egg yolks and vanilla, then add in the dry ingredients.
5. Scoop balls of cookie dough and roll in spiced sugar. Bake for 12-14 minutes, then enjoy!

WHERE TO TAKE UNUSED MEDICATION

IN INGHAM COUNTY

Safe disposal starts with the right drop-off location.

SAFE MEDICATION DISPOSAL

Drug Disposal

- Sparrow Pharmacy Plus locations
  https://www.uofmhealthsparrow.org/news/pharmacy-plus-part-county-medication-drop-program
- Meijer Pharmacy ONLY take tablets NO Liquids, Injectables or aerosols
- CVS Pharmacy ONLY take tablets NO liquids Inectables or aerosols

PLEASE CALL LOCATION PRIOR TO DROP OFF TO VERIFY MEDICATION DISPOSAL

SHARPS SAFE DISPOSAL

Granger Waste Services
https://www.grangerwasteservices.com/schedule-guidelines/waste-acceptance-guidelines/

BEFORE YOU DROP OFF

- Keep medication in its original packaging.
- Leave the medication name visible.
- Black out personal information.
- Do not put needles or other sharps in medication drop boxes.



Call ahead to confirm what each site accepts and when drop-off is available.

Check the State of Michigan Drug Disposal page for what to do with unused or unwanted medicationsl
https://www.grangerwasteservices.com/schedule-guidelines/waste-acceptance-guidelines/

November Special Events

Hosted By: MSU Nursing Students

Giving Thanks Through Expressive Arts

Join MSU nursing students in coloring and building turkey crafts to relieve stress and express gratitude



November 4th

November Birthdays:

Nov. 7th - Vanessa T.

Nov. 9th - William C.

Nov. 13th - Mary C.

Nov. 23rd - Casey K.

Special Dates:

Tue 4	MSU Nursing Project
Mon 9	MSU Nursing Project
Tue 10	Melodies w/ Marcy
Thu 12	Pet Therapy
Tue 17	Drum Circle
Thu 19	Pet Therapy
Fri 20	Lugnuts Presentation
Mon 23	Singing w/ Judy
Tue 24	Melodies w/ Marcy
Thu 26	Closed
Fri 27	Pet Therapy
TBD	Bible Study

LaFontaine Holiday Giving Program



GIVE A LITTLE.
MAKE A BIG IMPACT.
HELP US *win* $20,000!

We are proud to be one of 11 Michigan nonprofits participating in LaFontaine Automotive Group's Holiday Giving campaign!

We need YOUR support!
Scan the QR code or visit
www.familydeal.com/holiday-giving

Vote! NOV 2 - DEC 14

Your vote could make a world of a difference!





BROOKDALE
SENIOR LIVING

Memory Care | 5250 Marsh Rd. Haslett 48840 | (517)349-2662

Day Center Photos

“October Memories”



















November 2026

Participant Spotlight: Melinda “Mindy”

Since joining us earlier this year, Melinda, better known as Mindy, has become a wonderful part of our Forster Woods Family! One of the first things you'll notice about Mindy is her warm and welcoming personality. Whether she's greeting staff, fellow participants, or special guests, she always makes everyone feel welcome with her kindness and sweet nature.

Mindy loves keeping her mind busy with word searches and especially enjoys our watercolor crafts! She's also always willing to try something new. One of the things we appreciate most about Mindy is how naturally she looks out for others. Whether she's moving a chair to make room for someone in a wheelchair or helping staff clean up after lunch, she's always ready to lend a helping hand without being asked.

Fun Fact: Mindy is a twin! Her brother holds a special place in her heart, and it's always lovely to hear her talk about him!

Mindy's kindness, helpful spirit, and willingness to try new things make her such a joy to have around. We're so grateful she's part of our Forster Woods Family and look forward to making more memories together!



Ways to Support

Your support makes all things possible here at Forster Woods and there are several ways you can contribute and make a difference. Every donation helps us provide vital resources for our individual clients. From meals and personal care items to therapeutic activities and special events, your generosity directly supports their well-being. You can visit our website at www.forsterwoods.org or simply scan the QR code to make a donation today!

Amazon Wishlist

Our Amazon Wishlist is filled with supplies we use daily—craft materials, office items, and other essentials for our program. By purchasing an item, you make a direct impact on the lives of our clients, helping us create enriching experiences and maintain a well equipped space. Just scan the QR code for our Wishlist and see how you can help!

Donate

Forster Woods
Adult Day Services



Supporting Adults. Empowering Families. Building Community.

Our program provides meaningful daytime support for adults who benefit from structure, social engagement, and compassionate care. Through enriching activities, personalized attention, and a welcoming environment, participants remain active, connected, and valued members of the community.

We also support families and caregivers by providing trusted daytime care and peace of mind. Together, we are building a stronger, more inclusive community where adults can thrive and families feel supported.

Program Impact

- Adults maintain independence and meaningful daily routines
- Reduce social isolation and build friendships
- Support veterans, older adults, and individuals needing daytime care
- Provide respite and support for family caregivers

Program Sponsors & Community Partners

We are grateful to the organizations and community partners whose support helps make our program possible.

Community Mental Health Clinton • Eaton • Ingham

Tri-County Office on Aging

VA U.S. Department of Veterans Affairs

City of East Lansing, Michigan

Jackson National Life Insurance Company

Lansing Michigan

AF Group — Individual focus. Collective strength.

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