



November 2025



CELEBRATING THANKFULNESS: FINDING JOY IN EVERYDAY MOMENTS

November is often known as the month of gratitude, a time when we're encouraged to notice the good around us—no matter how big or small. While life can bring stress, tight budgets, and daily challenges, choosing to pause and appreciate simple moments can make a real difference in our outlook and well-being. This season, consider these five small but meaningful ways to celebrate thankfulness right where you are.

1. Notice the Little Things

Gratitude doesn't always come from big events. It can be found in a warm cup of coffee, a quiet moment in the morning, a child's laugh outside your window, or even the comfort of your favorite blanket on a chilly evening. Take a breath and let yourself appreciate small comforts—they add up.

2. Keep a Gratitude Note

You don't need a fancy journal. A scrap of paper on the fridge or a note on your phone works just fine. Each day, write down one

thing you're thankful for. It could be something simple like "a good meal," "a kind neighbor," or "a sunny morning." Over time, these small notes can remind you how much good surrounds you.

3. Speak Kindness Out Loud

Gratitude grows when it's shared. Telling someone, "I appreciate you" or "Thank you for being a good neighbor" can brighten their day—and yours. Whether it's a family member, a friend, a staff member in the community, or someone you pass in the hallway, a few kind words go a long way.

4. Offer a Helping Hand

One of the best ways to feel thankful is to be a blessing to

someone else. Holding the door, checking on a neighbor, or lending a hand with groceries are small actions that build a caring community. Helping others reminds us that we're connected, and that we all have something valuable to give.

5. Create Simple Traditions

Gratitude doesn't require money—just intention. Maybe it's a weekly walk with a friend, a family night with board games, or making hot cocoa on a cold evening. These small traditions bring joy and something to look forward to.

This November, let's choose thankfulness not just as a holiday theme, but as a daily practice. In the middle of ordinary days, there are moments of joy waiting to be noticed. By slowing down, appreciating what we have, and caring for those around us, we can fill our community with warmth and gratitude—one small moment at a time.



OLDEST PRINTED PUMPKIN PIE RECIPE (1672)

Recipe Adapted for Modern Kitchens

INGREDIENTS:

- 1 cup Pumpkin purée (not pie mix)
- 1 cup Apples, peeled & chopped
- 2 Tbsp Raisins or currants
- 2-3 Tbsp Sugar or honey
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg
- Pinch of Black pepper
- 1 tsp rosewater
- 1 Tbsp Butter
- Prepared pie crust

DIRECTIONS:

1. MAKE THE FILLING

Boil chopped apples in a small pot with a splash of water until soft (5–7 min). Add pumpkin and cook 2 more minutes. Drain well and lightly mash. Stir in raisins, sugar/honey, cinnamon, nutmeg, pepper, and rosewater/vanilla. Taste and adjust sweetness.

2. ASSEMBLE THE PIE

Preheat oven to 375°F (190°C). Line pie dish with bottom crust. Spoon in filling and dot with butter. Add top crust, seal edges, and cut vents.

3. BAKE

Bake 35–40 minutes, until crust is golden. Cool slightly before serving. Enjoy warm or room temp, just like they did centuries ago.



Autumn. Word Search

pie
marshmallow
pumpkin
rosehip
wheat
sunflower
Thanksgiving
acorn
basket
harvest
apple
rowan
mushroom
autumn

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

Key:

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

EXMORE VILLAGE

12374 Rue Court
Exmore, Virginia 23350
(757)442-9471
www.MarkDanaVa.com



NOVEMBER 2025 CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Daylight Saving Time Ends	3 Rent Due	4 Election Day	5	6	7	8
9	10 Late Notices at 10:00 am	11 Veterans Day Pest Control Exmore II	12	13	14	15
16	17	18 Pest Control Exmore	19	20	21	22 Kiwanis Craft Show - Nandua High School
23	24	25	26	27 Office Closed Thanksgiving Holiday	28 Office Closed Thanksgiving Holiday	29
30						

COMMUNITY CORNER

- ▶ Happy Thanksgiving to all! The office will be closed on November 27th and 28th for the holiday.
- ▶ A friendly reminder, rent and water bills are due on the 1st of the month. A late fee of \$15.00 will be applied to rent not paid by 10:00 am on the 10th of the month. If you pay rent with a card, a \$5 convenience fee applies.
- ▶ Daylight Saving Time ends on November 2nd. Remember to turn your clocks back 1 hour.
- ▶ November 4th is Election Day. Don't forget to vote!
- ▶ Veterans Day is November 11th. Thank you to all veterans for your service.
- ▶ All maintenance issues and property concerns must be reported to the office by calling (757)442-9471.