

THE TRICO TIMES

NOVEMBER 2026 | A MONTH OF GRATITUDE, COMMUNITY & CONNECTION



THE NOVEMBER EDITION

Cozy Moments & Grateful Hearts

November is here, and we're celebrating the wonderful people, meaningful moments, and connections that make our TRICO community special! This month is all about appreciating the little things, looking back on memorable experiences, and sharing the kindness that makes a difference every day.

*In all things,
give thanks*

BIRTHDAYS:

LEANNE - 15TH
ALEX - 18TH

PAY-DAYS:

NOV. 13TH
NOV. 27TH

WORK ANNIVERSARY:

SARAH C - NOV. 2ND
ALEX - NOV. 26TH

CLOSED ON:

NOV. 26TH
NOV. 27TH

Thankful for our community, today and every day.



November Adventures!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 ELECTION DAY	4	5	6 TURN IN TIMESHEETS	7
8	9 PROGRAM MEEETING	10	11  VETERAN'S DAY	12	13 	14
15	16 BOARD MEETING	17	18	19	20 TURN IN TIMESHEETS	21
22	23	24	25	26  CLOSED THANKSGIVING	27  CLOSED	28
29	30					

Joke of the Month

WHAT DO YOU CALL A TURKEY
ON THE RUN?

FAST FOOD.

Reminder:

DUE TO VETRANS DAY, TIME SHEETS MUST BE
TURNED IN BEFORE GOING HOME FRIDAY THE 6TH

FOR THANKSGIVING, ALL TIME TIME SHEETS
MUST BE TURNED IN BEFORE GOING HOME
FRIDAY THE 20TH

Making memories, one day at a time!

TRICO

NOVEMBER DAY SERVICE NEWSLETTER



TRICO Opportunities Inc
906-774-5718 x224



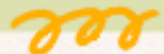
THE BIG RED BARN PUMPKIN FESTIVAL 2026

FEELING THANKFUL

Fall is here, and what a wonderful time of year it is! We are excited for another season of learning, laughter, and making memories together. From colorful leaves to acts of kindness, we are grateful for our amazing community. We celebrate curiosity, friendship, growth, and joyful discoveries each day.



**THANKS FOR BEING
PART OF OUR JOURNEY!**



HOLIDAY HEALTH & SAFETY



Healthy Eating

With the holidays here and all the extra candy, food, and busy schedules coming up, we will be learning some healthy habits to try during the next couple of months.



Basic Kitchen Safety

Safety is always a TRICO priority. So, along with teaching healthy food habits, I'll also be teaching how to be safe in the kitchen while handling food and operating appliances.

STUDENT SPOTLIGHT



Heather Poll

**TRICO Job Developer and Day
Service Coordinator**

I have an open-door policy. I'm here if you ever need anything, have a question, or want to share an idea for a Day Service Event.

SAVE THE DATES



**Thanksgiving
Break**
TRICO Closed



**Christmas
Shopping**



**News Eve & New
Year Day**
TRICO Closed

GETTING INVOLVED

How you can help at TRICO:

- Sponsor an individual in need
- Make a donation to TRICO
- Spread the word in the community
- Become a Board Member



NOVEMBER ACTIVITY DATES

- | | |
|--------|----------------|
| Nov 4 | Blue Dillo |
| Nov 11 | Bowling |
| Nov 12 | Making granola |
| Nov 18 | Starbucks |
| Nov 23 | Kitchen Safety |
| Nov 25 | Bowling |





Falling Into Good Things!

News, updates & little moments worth celebrating



Wellness Tip:

COLD & FLU SEASON IS HERE! HERE ARE SOME STEPS YOU CAN TAKE TO PREPARE:

1. PRIORITIZE VITAMIN D - GET SOME SUNLIGHT
2. STAY HYDRATED - DRINK WATER
3. WASH YOUR HANDS FREQUENTLY
4. MANAGE STRESS



★ Little Moments, Big Smiles ★

A Moment to Remember



Around Our Community



DAY SERVICE OUTING,
ENJOYING THE
BAKERY SHOPPE!



Don't Forget!

WE ARE CLOSED NOVEMBER 26TH & 27TH



A Little Extra Gratitude

November is a wonderful reminder to appreciate the people and moments that brighten our days. Here's to kindness, teamwork, and the wonderful community we share!



What are 3 things you are grateful for today?



SAFETY SPOTLIGHT



Ana

She is helpful with others and aware of what's going on, she will let staff know if something may be unsafe or if someone is not well.



A Season for Giving

Small acts that can make a wonderful difference.



1

Sponsor an Opportunity

At TRICO, our Day Service program provides participants with opportunities to enjoy activities, outings, and meaningful experiences. Sometimes, the cost of participating can be a barrier. Through our Sponsor an Opportunity initiative, community members can help make these special experiences possible for individuals who may not otherwise be able to attend.



Learn more about "Sponsor an Opportunity" on TRICO's website under the "Make a Difference" tab.

2

One Little "Thank You"

Once a day, take a moment to show appreciation for one person or one thing in your life! It can be as simple as: a smile, a friendly wave, giving someone a compliment, or doing one small act of kindness!

Thank You

3

Training Topic & Reminders

- Defensive Driving review
- Reminder for Trauma Informed Care - info to register via email of the last Program meeting minutes
- The HCBS training will now be done through NBHS
- The Spill/leak drill is due



We're Thankful for YOU!

As we celebrate the season of gratitude, we want to thank our participants, families, staff, supporters, and everyone who contributes to the TRICO community. Your kindness, involvement, and encouragement are appreciated!



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