

The Cove

THE MAGAZINE OF COMFORT COVE PREMIER SENIOR LIVING

THIS MONTH IN

Eat *Well*

Our new food section:
Family Thanksgiving Dinner,
Veterans Day lunch and a
fall recipe to try.

PAGE 4

RESIDENT REFERRAL
PROGRAM

Share the Cove, earn \$500

Know someone who would love it
here? When a friend or family
member you refer moves in, you
receive \$500.

**Ask Nik for details: (248) 640-
9305 (cell).**

Restrictions apply.

FRI, NOV 20 · 4-6 PM

Family Thanksgiving Dinner

All the trimmings, with your
family. Page 4

WED, NOV 11

Honoring our veterans

A special Veterans Day
lunch for those who served.
Page 4

SAT, NOV 14 & 28

Bingo with Barry

Two afternoons of bingo.
Grab your dauber. Page 6



COMFORT COVE

TOURS DAILY · 9 AM TO 5 PM

(248) 538-5283

FROM THE CREATIVE DIRECTOR

A season of gratitude,
served warm



November is the month we gather around the table, so this issue brings something new: EatWell, a food section from our own kitchen. Turn to page 4.

— Ruchi Mehrotra,
Creative Director

CELEBRATING

Happy Birthday

Ruth U. NOV 7

Marie W. NOV 8

Ginny R. NOV 16

Gail F. NOV 27

Gary W. NOV 28

Early Birthday Social with cake & merlot: Saturday, Nov 7 at 3:00



ASSISTANT
EXECUTIVE
DIRECTOR

Courtney's
Corner

Stop by my office to sign up for outings or our visiting physicians.

— Courtney Carver

OUTINGS · SIGN UP

NOV 6 · 12:30
Holocaust Museum

NOV 12 · TICKETS \$12
The Parade Company

NOV 14
Elf the Musical · Farmington
Hills Hawke Club

NOV 19 · 12:30
West Bloomfield Library

VISITING PHYSICIANS

EVERY FRIDAY
Dr. Ben in the community

FIRST WEEK OF EACH MONTH
Dr. Riza visits

SABBATH
Nov 7, 14, 21 & 28

WHO'S WHO

Staff Directory

Nik Mehrotra	Executive Director
Courtney Carver	Assistant Executive Director
Ruchi Mehrotra	Creative Director
Kevin Wilson	Culinary Director
Kailey Scott	Care Coordinator
Shifali Sachdeva	Enrichment Coordinator
Mark Heady	Transportation
Denise Combs	Housekeeping
Dave Henderson	Maintenance

THE COVE SALON

Holiday looks with Amie

Book a fresh cut, color or manicure before the holidays.

AVAILABLE Every Wednesday

SERVICES & PRICES

Men's cut	\$25	Women's cut	\$30
Blow dry	\$28	Shampoo	\$8
Color	from \$40	Manicure	\$15

OUR WELLNESS PROGRAM

CoveWell

Our wellness program for mind, body and social well-being, built on five pillars.

COMMUNITY + OPTIMISM + VITALITY + ENGAGEMENT

MoveWell	EatWell	ConnectWell	MindWell	RenewWell
DAILY Blend & Bend · 9:30	NOV 11 Veterans Day Lunch	TUESDAY Bingo Club · 2:00	NOV 10 Sesame Street Trivia · 10:00	MONDAY · NEW Meditation Monday · 9:30
FRIDAY · NEW Movin’ to the Beat · 9:30	NOV 17 · 1:00 Chef’s Food Demo	MONDAY Card Playing Club · 2:00	NOV 23 Holiday Jeopardy · 2:00	SATURDAY Shifali’s Spa · 12:30
	NOV 20 · 4–6 Family Thanksgiving Dinner	NEW Pen-Pal Club	SUNDAY Film Club · 2:00	FRIDAY Interpretation Art with Ruth

MARK YOUR CALENDAR

November highlights

Nov 2	Change the World Day · wear orange
Nov 4	Pumpkin Craft · 12:30
Nov 6	Outing: Holocaust Museum · 12:30
Nov 7	Cake & Merlot Day · Early Birthday Social 3:00
Nov 10	National Sesame Street Day · Trivia 10:00
Nov 11	Veterans Day · pot roast lunch honoring our veterans
Nov 12	Outing: The Parade Company · tickets \$12
Nov 14	Bingo with Barry · Music with TT 2:30 · Elf the Musical
Nov 17	Chef’s Special Food Demo · 1:00 · lobby
Nov 18	Make Your Own Walker Tote · 12:30
Nov 19	Rocky & Bullwinkle Day · Library outing 12:30
Nov 20	Family Thanksgiving Dinner · 4:00 – 6:00
Nov 23	Holiday Jeopardy · 2:00
Nov 25	National Hat Day · wear a crazy hat
Nov 28	Bingo with Barry · see page 6

COMFORT COVE CLUBS

Every week

Plus Blend & Bend at 9:30 daily. And it’s No Shave November!

MON	Thrift Store open · Meditation 9:30 · Linda’s Crafty Card Club 12:30 · Card Playing Club 2:00
TUE	Bead Club 12:30 · Bingo Club 2:00
WED	Seasonal Crafts 12:30 · Church Services 2:30
FRI	Movin’ to the Beat 9:30 · Interpretation Art with Ruth · Ice Cream Social 3:00
SAT	Shifali’s Spa 12:30 · Themed Coloring in the Bistro 3:00
SUN	Sunday Mass on TV 12:00 · Film Club 2:00

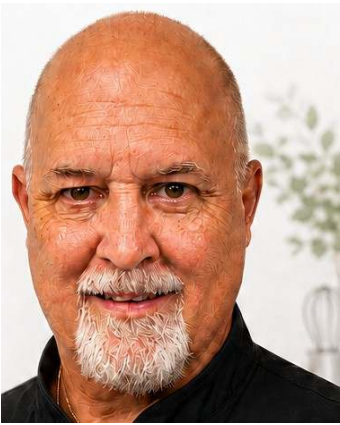
OUR NEW FOOD SECTION

Eat Well

News from the Cove kitchen and the people behind every plate.

MEET THE CHEF

Hello, I'm Chef *Kevin*



I grew up in Westland, Michigan, and earned my degree in culinary arts at Schoolcraft College. I've worked in kitchens for over 40 years.

BEST PART OF THE JOB

Making people happy through food.

CAREER HIGHLIGHT

Feeding the University of Michigan football team before their home games for 22 seasons.

FRI, NOV 20 · 4–6 PM

Family Thanksgiving Dinner

Roast turkey & gravy

Pineapple-glazed ham

Stuffing · whipped potatoes

Sweet potatoes · green beans

Cranberry relish · rolls

Pumpkin & apple pie

FAMILIES WELCOME

RSVP by **11/17**: email office@comfortcovesl.com or call (248) 538-5283.

WHAT'S ON THE MENU

The weekly menu rhythm

	LUNCH	DINNER
MON	Chicken Kitchen	Hot Sandwich Night
TUE	Taco Tuesday	Wrap & Sub Café
WED	Pork Comfort Kitchen	Slider Selection
THU	Chicken Classics	Baked Potato Bar
FRI	Seafood Tradition	Italian Comfort Night
SAT	Slow-Roasted Beef	Burger Bistro Night
SUN	Sunday Brunch	Pizza Taste Fest

ALSO THIS MONTH

WED, NOV 11 Veterans Lunch · Pot Roast

TUE, NOV 17 Chef's Food Demo · page 5

RECIPE OF THE MONTH

Apple Crisp

Cinnamon-spiced. Serves 8.

YOU'LL NEED

- 6 apples, peeled and sliced
- 1 tbsp lemon juice · ¼ cup sugar
- 1 tsp cinnamon
- ¾ cup each oats and flour
- ½ cup each brown sugar & butter

METHOD

- 1 Heat oven to 350°F.
- 2 Toss apples with lemon, sugar and cinnamon. Spread in the dish.
- 3 Rub the rest together until crumbly. Scatter on top.
- 4 Bake 40–45 minutes until golden. Serve warm.

COMFORT COVE
OF
WEST BLOOMFIELD

CHEF'S SPECIAL FOOD DEMO



WATCH • LEARN • TASTE



SEPTEMBER 15



OCTOBER 20



NOVEMBER 17



DECEMBER 15



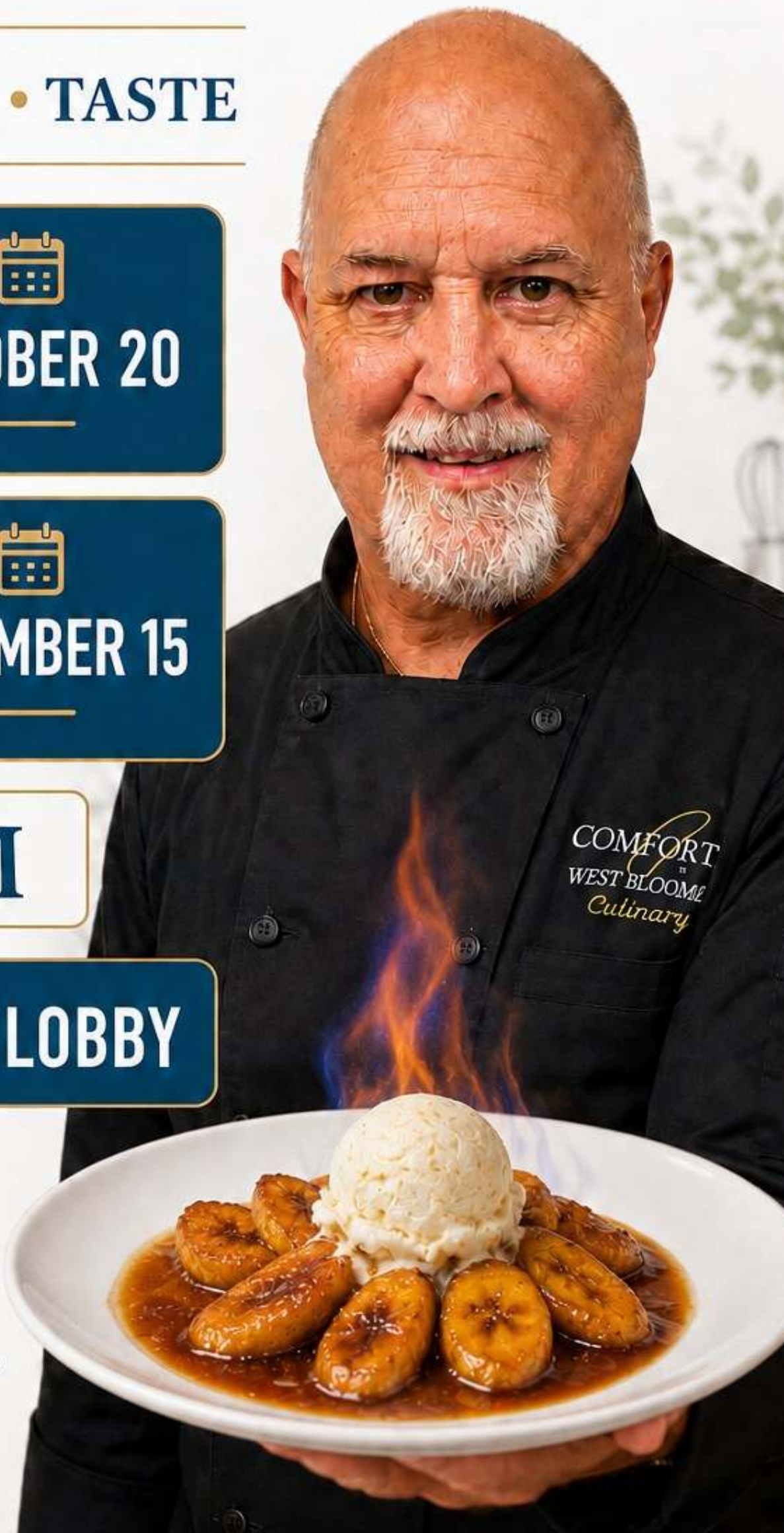
1:00 PM



COMFORT COVE LOBBY



*Join Chef Kevin for a live
cooking demonstration and
discover the delicious surprise
he's preparing that day!*





with Barry

Two Saturday afternoons of bingo with our favorite caller.

B	I	N	G	O
5	22	38	51	67
12	17	41	58	63
3	29	FREE	49	72
9	24	35	55	61
14	19	44	47	70

SATURDAY

Nov 14

1:00 PM

SATURDAY

Nov 28

1:00 PM

Grab your dauber and bring a friend

EVERYONE WELCOME

IN PICTURES

Moments worth keeping

Costumes, carnival games and plenty of smiles at our Senior Circus Party.



OUR CARE PARTNER



Personal care, right down the hall

Through our partnership with ComForCare, residents can add personalized care that fits their needs, from daily support to occasional help.

OFFICE
248-987-6865

24-HOUR LINE
248-739-1213

Ask how Medicare can cover one-on-one care.

MEDICARE GUIDE PROGRAM

Dementia support for families at home

For families caring for a loved one with dementia at home: care managers, caregiver training and \$2,500 a year toward respite care.

CALL NIK TO APPLY
248-640-9305



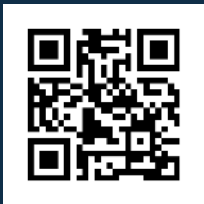
KIND WORDS

Jaime Greaves

Google review

“Comfort Cove is a wonderful place! My mother moved in there in July and we could not be happier. It’s clean and comfy and the staff are excellent. We consider ourselves very lucky to have our mother there.”

Stay connected



WEBSITE
Visit us online



FACEBOOK
Photos & news



INSTAGRAM
Follow along



GOOGLE
Leave us a review



5859 W Maple Road, West Bloomfield, MI 48322
(248) 538-5283 · sales@comfortcovesl.com

SATURDAY, OCTOBER 24

Senior Circus Party

Costumes, carnival games and a whole lot of smiles!



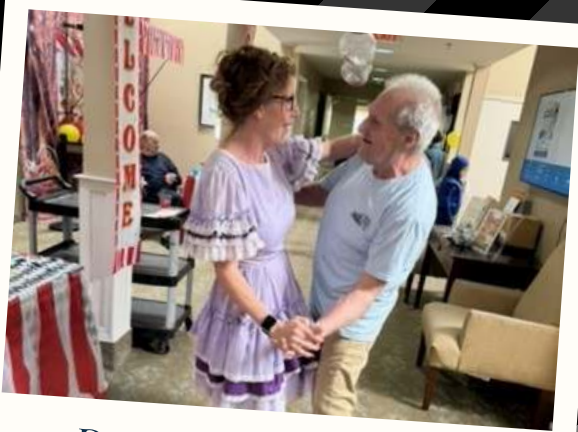
Purr-fectly spooky



Masked & marvelous



BOO-tiful!



Dancing the day away



Step right up!



Dressed to waddle



Hello there!



Pumpkin queen



Feathers & fun



Painted smiles



Costume crew



Best buddies



Snack time



COMFORT COVE

The *Cove*

NOVEMBER 2026

5859 W Maple Road, West Bloomfield, MI 48322

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