Prime Post

November 2026

November is a month for gratitude and reflection. A time to pause and take stock of all the small things we may take for granted every day. Research shows that gratitude has powerful effects on physical health, social relationships and self-image. It has been shown that highly gracious people have stronger immune systems, better sleep and increased alertness.

This month, try a new method of practicing gratitude. This may be by jotting down one thing you are grateful for each day in a gratitude journal, writing a thank you note or practicing meditation.

You may be surprised how much more you find yourself smiling by the end of the month.

Gratitude Tree:

To facilitate gratitude and reflection, we will have a gratitude tree **in the sunroom from November 13 to November 27**.

There will be leaves for you to write one or two things you are grateful for and add it to the tree.

Come and see what others have added and all the things we have to be grateful for this season.

Time out meditations with Chaplin Brooke:

Chaplin Brooke has continued Time Out Meditations **every Wednesday at 11:00am in the Commons Meeting Room**.

For many of us, as the seasons change we become increasingly busy and stressed.

Take 10-15 minutes with friends and neighbors for a Time Out, reset and relax.

This is not a faith-based activity and all are welcome.

For more information contact Wellness Coordinators Heather and Esther: (503) 375-5905 or find us in the Prime Fitness office M-F 8am-4pm