SCRIBE

A MINISTRY OF CARING www.skaalen.com

November 2026

Skaalen Beauty Shop

The Skaalen Beauty Shop offers a wide variety of services for men and women.

Haircut	$25.00
Shampoo/Set	$25.00
Perm	$100.00
Shampoo	$5.00
Beard Trim	$8.00

The Beauty Shop is open every Thursday and every other Friday, from 7:30 a.m. – 1:00 p.m. If you have any questions or, would like to schedule an appointment, please call **Rebecca** at **608-893-8125**.

Resident Email

The resident email address is
resident@skaalen.com

Please be sure to include the resident's name in the subject line. Our Leisure and Support Services Staff print and deliver resident emails every day. Residents have an opportunity to send email messages, with the assistance of a staff member, at various times during the week.



Upcoming Performances

November is here! And to give thanks, we invite five performers this month. To start us off, on Tuesday November 3rd, pianist ***Debbie Cole*** will perform at 2:00 p.m. Thursday November 5th, the ***Northern Comfort Band*** will play at 2:00 p.m. The next week November 12th, ***Rainbow Bridge*** will perform at 2:00 p.m. And the following Thursday November 19th, the ***Soundbillies*** will sing at 1:30 p.m. Finally to close us off, professional historical reenactor **Peter Small** will appear on Monday November 23rd as 26th U.S. President **Theodore Roosevelt**. All performances will take place in the Chapel. We hope to see you there!

November 26th
Happy Thanksgiving!



Chaplain's Corner

Oh my gourd, its November!



Seasons are changing…again. Autumn colors have peaked and branches bare themselves to tuck beneath white winter quilts. There is great loss and amazing beauty in the changes. Where do you find yourself in this season? How have you received the changes before you? What has been helpful for you? What has been difficult?

In Matthew 4:17, Jesus said, "Repent, for the kingdom of heaven is at hand." Here is my paraphrase, "It's time to change the way you think, God's kingdom is here, seasons are changing." In the Greek, the word translated *repent* means *to change one's mind, to reconsider, to think differently*.

Returning to last month's topic, let's again consider the *kingdom of heaven.* We know that when Philip asked Jesus to show [the disciples] the Father, Jesus told him, "…whoever has seen me, has seen the Father" (John 14:9). To look at Jesus is to begin to understand what God is like.

Jesus reveals God, he lived the ways of God. And it seems there are corrections to make as Jesus says, "You have heard this…but I tell you…" (see Matthew 5). The life Jesus lived, is a kingdom life, a life that flows from God's ways. And he teaches us to see this way, initiating seasons of change. So, he says, change your mind, think differently, live in the will of God, live well. And each time we figure this out, we've repented, we've reconsidered what it means to truly live, we've changed our minds and have chosen to live in God's will. You've likely heard this called *conversion,* a *turning point*, and that's good, we have to start somewhere. But it's not "one and done." Life holds many conversions, many new understandings, many seasons of change of which God will hold us through. And so, I ask again, Where do you find yourself in the season Jesus has placed within you? How is God leading you to think differently? What has been helpful for you? What has been difficult?

Peace to you and your family,
Chaplain James
608.873.5651 Ext. 7218 / jsalimes@skaalen.com

"For whoever does the will of my Father in heaven is my brother and sister and mother."
(Matthew 12:50, ESV)

***ALL SCRIPTURE QUOTED FROM THE NEW REVISED STANDARD VERSION**

SKAALEN CHAPEL
Ecumenical Worship Service
Sundays at 10:00 a.m.
Communion Sundays:
November 1st and 15th.

Interested in Spiritual Direction?
Call Chaplain James to schedule a 60-minute session

I always invite stories about God working in your lives. Please share! Call, email, or stop over to tell me. Do you have a question or topic that you would like me to discuss in the newsletter? Give me a call, shoot me an email, or send me a note to let me know.

November Worship Schedule



Ecumenical Worship Service held each Sunday at 10:00 a.m. in the Skaalen Chapel. We celebrate the Eucharist on the 1st and 3rd Sundays of each month.

- **November 1st, *Holy Words*—Micah 3:5-12; 1 Thessalonians 2:9-13; Matthew 23:1-12**
- **November 8th, Guest Speaker Rev. Dr. Terry Morrison – *The Main Thing* – Isaiah 53:5, 1 Corinthians 1:17-25, John 19:16-18**
- **November 15th, *The Day of the Lord*—Zephaniah 1:7, 12-18; 1 Thessalonians 5:1-11; Matthew 25:14-30**
- **November 22nd, *Christ fills All and is in All*—Ezekiel 34:11-16; Ephesians 1:15-23; Matthew 25:31-46**
- **Wednesday, November 25th, 10 a.m. *Goodness and Gratitude, Thanksgiving*—Deuteronomy 8:7-18; 2 Corinthians 9:6-15; Luke 17:11-19**
- **November 29th, *First Sunday of Advent*—Isaiah 64:1-9; 1 Corinthians 1:3-9; Mark 13:24-37**



November 11th



Gifts & Grants

September 1, 2026 – September 30, 2026

In Memory of Gladys Meister
Donna Meister
Marc & Stephanie Meister

Corporate Congregations
Covenant Lutheran Church, Stoughton
McFarland ELC, McFarland
St. Paul's Liberty Lutheran Church, Deerfield

Individuals
Anonymous
James Salimes

Skaalen Volunteers



Skaalen is currently recruiting volunteers to assist in the following areas:

1:1 Visitor
Volunteers visit with a resident and provide one on one activity through peer-lead games and recreation.

Bingo Helper
Volunteers assist with resident mobility to and from the community room and assist residents with their Bingo card.

Chapel Volunteers
Volunteers will post the hymn numbers for the service, light candles, distribute worship bulletins and hymnals and assist with resident mobility to and from the Chapel.

Outing Volunteers
Volunteers assist with resident mobility, holding doors, and visiting with residents during the outing.

Concert Series
Volunteers assist with resident mobility to and from the chapel and outdoor courtyard.

Library Assistant
Volunteers organize and straighten bookshelves and assist residents to select books.

Mobility Assistance
Volunteers help residents to and from therapy appointments, beauty shop, and concerts within Skaalen.

For additional information on any of the volunteer opportunities listed, please contact Keri Wright at **kwright@skaalen.com,** or visit our webpage.

Thanksgiving Party

Everyone is invited to the Community Room at 2:00 p.m. on Wednesday, November 25th for our fall feast!



Stay Warm & Active This Season!

There's no need to let cooler weather slow you down! Come enjoy the comfort of our **warm water pool** and keep moving all season long.

Pool Hours
Monday–Friday
8:00 AM–10:00 AM
2:00 PM–4:00 PM
Campus Resident Rates
10-Session Pass: $50
Daily Pass: $6

Whether you're swimming, exercising, or simply enjoying the warm water, our pool is a wonderful way to stay active and relax.

Come on in and enjoy a little warmth!

Photos from our Resident & Staff Halloween Party

Photos by Skaalen Staff
























MILWAUKEE
BREWERS



