

Thanksgiving by the Numbers

The first Thanksgiving festivities took place over three days in the autumn of 1621 and included 50 Pilgrims and 90 members of the Wampanoag tribe. Here are some more holiday facts to share over your feast.

- About 95% of American households say they celebrate Thanksgiving.
- A majority of those people spend the day with family. "Friendsgiving," which is sharing a Thanksgiving meal with friends, is also popular.
- The American Automobile Association predicts an estimated 50 million people will travel at least 50 miles to reach their holiday destination.
- Nearly 90% of those celebrating Thanksgiving eat turkey, whether roasted or deep-fried, according to the National Turkey Federation. The average weight of a bird bought for the meal is 16 pounds.
- The Butterball Turkey Talk-Line answers more than 100,000 calls each November and December from people needing cooking advice.
- The first Macy's Thanksgiving Day Parade took place in New York City in 1924. Today, the parade attracts 3.5 million spectators along its 2.5-mile route, and another 50 million people watch it on television.



Tips To Prevent Falls

The cooler months provide a refreshing break to get out and about, but fallen leaves, wet surfaces and other hazards can raise the risk of falling. These tips can help you stay safe.

Wear appropriate shoes — Properly fitting, sturdy footwear with nonskid soles will provide good traction in all types of weather.

Dress warmly — When you are cold, your muscles tense up, which can affect your balance.

Wearing warm layers during cool weather can relax your muscles, keeping you steady.

Pay attention —

When walking, focus on the path ahead and look for any obstacles or slippery surfaces. Scan the surroundings using your eyes only; moving your head to look down or around may throw off your balance.

Use assistive devices — Handrails, walkers and canes are designed to keep you safe, so use them whenever possible.

Keep your hands free — Carrying bags or packages can cause unsteadiness. Try to keep your load light, or ask for assistance.

Take care around vehicles — When getting in and out of a car or bus, take it slow and make sure your footing is secure before moving.

Wipe your feet — Leaves, mud, ice and snow can stick to the bottoms of your shoes and get tracked indoors. Wipe your feet at the door to clean the soles and prevent slipping inside your home.



Dear Residents, Family and Friends

Happy fall, y'all! We've had a busy and productive October. Thank you to all who participated in our Health Fair, Halloween Party and socials. Please check your calendar for all that is happening this month!

November is all about celebrating what we are grateful for. Let us spend this month thinking about all the people who have made a difference in our lives. What did they do that created an extraordinary life experience? As a community, we can enhance others' quality of life.

Get ready, the turkey is on the way! Please join us in celebration at our Thanksgiving Buffet Luncheon on Saturday, Nov. 23, at 11 a.m. Reservations must be made in advance no later than Saturday, Nov. 16.

I hope this month brings you warm memories of family, food and football.

Regards,

Erin Montgomery

Executive Director



The Story of the Salute

The hand salute given by members of the military is a long-standing tradition and a gesture symbolizing honor, respect and commitment.

According to some historians, the modern military salute can be traced back thousands of years. During Roman times, a citizen would often approach another with their right hand in the air to indicate they were unarmed and could be trusted. Another theory points to the medieval era, when a knight would greet a king or fellow knight by raising his helmet's visor to show his face. Like the Romans, the knight would also display an open hand with no weapon.

These customs likely influenced the practice of removing one's hat as a sign of respect to a superior officer. For practical purposes, this action evolved to merely touching the brim of the hat. By 1820, saluting by raising the right hand to eye level with the palm facing down had become standard in the U.S. military.



Locations

Activity Room, AR
AL Courtyard, ALC
AL Parking Lot, ALPL
Bistro, B
Dining Room, DR
Library, LL
Lobby, L
Outing, O
Spa, Spa

Birthdays

Marian Lang, 4th
Chakelia Johnson, 6th (Employee)
Dale Lidster, 7th
Tramena Johnson, 26th (Employee)

Transportation Schedule

Monday, 10 a.m.
Grocery Stores

Tuesday, 10 a.m.
Walmart

Wednesday, 10 a.m.
Post Office/Bank

Thursday, 10 a.m.
Walmart

Friday, TBA
Field Trips/Outing

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
DAYLIGHT SAVING TIME ENDS 3 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L	9:30 Exercise w/ Legacy, AR 4 10:00 "The Prize Is Right" and Snack Social, L 10:00 Dollar Tree, O 10:30 Word of the Day, L 2:00 Sassy Senior Bingo w/ the Yellow Rose, AR 4:00 Adult Coloring Club, AR 7:15 Cowboys Vs NY Giants, L	ELECTION DAY 5 9:30 Senior Fitness, AR 9:30 Beauty Salon Is Open 10:00 Shopping at Walmart, O 10:30 Catholic Communion 10:45 Guess Who? 1:30 Movie & Snack, L 2:30 Puzzle Mania, AR 3:30 Trivia, L	9:30 Tone Those Bones, AR 6 10:00 Post Office/Bank, O 10:00 Bible Study w/ the Yellow Rose Hospice, L 10:30 Puzzle Mania, AR 1:30 Card Club, AR 2:00 Snack Attack Bingo, L 3:30 White Board Game of Choice, L	9:30 Chair Exercise, L 7 10:00 Shopping at Walmart, O 10:00 Christian Service w/Rev. Mark, L 10:15 1:1 Session w/Sarah 1:00 Memories and Music, L 2:30 Art Expression, AR 4:00 Rowdy Ring Toss, L	National Caregiver Day 1 National Jersey Day 9:30 Senior Fitness, AR 11:00 Out to Tierney's Cafe, O 12:45 Bible Study w/Laura 1:30 Wonder Word Search, AR 2:00 Special Thanks to Our Caregivers Social Hour, L 4:00 Name Your Game!, AR	9:30 Beauty Salon Is Open 2 9:30 Chair Exercise, L 10:30 Word of the Day 1:00 Fancy Nails 2:00 Saturday Bingo, AR 3:30 Roll the Dice, L
8:30 New Covenant Baptist Church, L 10 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L 7:20 Cowboys Vs Minnesota, L	VETERANS DAY 11 9:30 Exercise w/Legacy, AR 10:00 "The Prize Is Right" and Snack Social, L 10:00 Shopping at Big Lots, O 10:30 Word of the Day, L 2:00 Sassy Senior Bingo w/ the Yellow Rose, AR 4:00 Wonder Word Search, AR	9:30 Senior Fitness, AR 12 9:30 Beauty Salon Is Open 9:45 Blood Pressure Clinic w/the Yellow Rose Hospice, L 10:00 Shopping at Walmart, O 10:30 Catholic Communion 10:45 Roll the Dice, L 1:30 Popcorn/Movie, L 2:00 Fancy Nails & Hand Massage, AR 3:30 Thanksgiving Social w/Vitas, L	World Kindness Day 13 9:30 Tone Those Bones, AR 10:00 Post Office/Bank, O 10:00 Bible Study w/the Yellow Rose Hospice, L 10:30 Chicken Foot, AR 1:30 Card Club, AR 2:00 Snack Attack Bingo, L 3:00 Town Hall Meeting, L 4:00 Connect 4, L 4:00 Apple Toss, L	9:30 Chair Exercise, L 14 10:00 Shopping at Walmart, O 10:00 Christian Service w/Rev. Mark, L 10:15 1:1 Session w/Sarah 12:45 General Store, L 2:30 Art Expression, AR 4:00 Pumpkin Toss, L	America Recycle Day 15 9:30 Senior Fitness, AR 11:00 Out to Cracker Barrel, O 12:45 Bible Study w/Laura 1:30 Wonder Word Search, AR 2:00 Family Time Social Hour, L 4:00 Name Your Game!, AR	9:30 Beauty Salon Is Open 16 9:30 Chair Exercise, L 10:30 Word of the Day 1:00 Fancy Nails 2:00 Saturday Bingo, AR 3:30 Roll the Dice, L
8:30 New Covenant Baptist Church, L 17 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 12:00 Cowboys Vs Detroit, L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L	9:30 Exercise w/Legacy, AR 18 10:00 "The Prize Is Right" and Snack Social, L 10:00 Dollar Tree, O 10:30 Word of the Day, L 2:00 Sassy Senior Bingo w/ the Yellow Rose, AR 4:00 Adult Coloring Club, AR	9:30 Senior Fitness, AR 19 9:30 Beauty Salon Is Open 10:00 Shopping at Walmart, O 10:30 Catholic Communion 10:45 Guess Who? 1:30 Movie & Snack, L 2:30 Puzzle Mania, AR 3:30 Trivia, L	9:30 Tone Those Bones, AR 20 10:00 Post Office/Bank, O 10:00 Bible Study w/the Yellow Rose Hospice, L 10:00 Out to JC Penney, O 10:30 Puzzle Mania, AR 1:30 Card Club, AR 2:00 Snack Attack Bingo, L 3:30 White Board Game of Choice, L 4:00 Apple Toss Game, L	9:30 Chair Exercise, L 21 10:00 Shopping at Walmart, O 10:00 Christian Service w/Rev. Mark, L 10:15 1:1 Session w/Sarah 1:00 Memories and Music, L 2:30 Art Expression, AR 3:30 Activity Meeting and Pie Social w/Sarah, L	9:30 Senior Fitness, AR 22 10:15 Coffee and Checkers, L 12:45 Bible Study w/Laura 1:30 Wonder Word Search, AR 2:00 Birthday Bash, L 4:00 Name Your Game!, AR	9:30 Beauty Salon Is Open 23 9:30 Chair Exercise, L 10:30 Word of the Day 11:30 Thanksgiving Feast, DR 1:00 Fancy Nails 2:00 Saturday Bingo, AR 3:30 Roll the Dice, L
8:30 New Covenant Baptist Church, L 24 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L 3:25 Cowboys Vs New England, L	9:30 Exercise w/Legacy, AR 25 10:00 "The Prize Is Right" and Snack Social, L 10:00 Tom Thumb 10:30 Word of the Day, L 2:00 Sassy Senior Bingo w/ the Yellow Rose, AR 4:00 Wonder Word Search, AR	9:30 Senior Fitness, AR 26 9:30 Beauty Salon Is Open 10:00 Shopping at Walmart, O 10:30 Catholic Communion 10:45 Roll the Dice, L 1:30 Popcorn/Movie, L 2:00 Fancy Nails & Hand Massage, AR 3:30 Trivia, L	9:30 Tone Those Bones, AR 27 10:00 Post Office/Bank, O 10:00 Bible Study w/ the Yellow Rose Hospice, L 10:30 Chicken Foot, AR 1:30 Card Club, AR 2:00 Snack Attack Bingo, L 4:00 Pumpking Toss, L	THANKSGIVING DAY 28 9:30 Chair Exercise, L 10:30 Thanksgiving Wonderword Search, L 2:30 Movie Time: Miracle on 34th Street, L 3:30 Cowboys Vs Buffalo, L	Black Friday 29 9:30 Senior Fitness, AR 12:45 Bible Study w/Laura 1:30 Wonder Word Search, AR 2:00 Enough Turkey Social Hour, L 4:00 Name Your Game!, AR	9:30 Beauty Salon Is Open 30 9:30 Chair Exercise, L 10:30 Word of the Day 1:00 Fancy Nails 2:00 Saturday Bingo, AR 3:30 Roll the Dice, L