

## 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, Families 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. I know the trip to Winstar Casino was extra special! 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 12:30 p.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.



INDEPENDENT LIVING

NOVEMBER 2019

### Locations

- AL Parking Lot, ALPL Bistro, B
- Community Room, CR
- Dining Room, DR
- Dog Park, DG
- Fitness Room, F
- Flagpole, FP
- Garden, G
- Library, LL
- Lobby, L
- Outing, O
- Route 66, R66
- Theater, TH

### Birthdays

- Jocelyn Barona, 4th (Employee)
- Marie Shea, 5th
- Emma Miller, 6th
- Nelson Trent, 23rd
- Camine Rueli, 26th (Employee)
- Geraldine Reynolds, 30th

### 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
- Thursday, 2:30 p.m.**  
Misc. Errands
- Friday, 9:30 a.m.**  
Express Errands
- Friday, TBA**  
Field Trips/Outing

Activities Subject to Change

| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  |
|--|--|---|---|---|---|---|
|    |   |   |   |   |   |   |
| <b>DAYLIGHT SAVING TIME ENDS 3</b><br>8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66<br>9:00 Bible Study, CR<br>1:15 Chicken Foot, LL<br>3:00 Resident Choice Game<br>6:00 Chicken Foot<br>6:30 Resident Card Games, B       | <b>9:30 Exercise w/Jacque of A.R.T., CR 4</b><br>10:00 Coffee & Snacks Monday Social, L<br><b>10:00 Dollar Tree, O</b><br>10:30 Blood Pressure Checks w/A.R.T., CR<br>2:00 Pokeno for Prizes, CR<br><b>2:30 Singalong w/Karen, L</b><br>4:00 Apple Toss, B<br>6:00 Hand & Foot Card Game, B<br><b>7:30 Cowboys vs. NY Giants, R66</b>    | <b>ELECTION DAY 5</b><br><b>9:30 Chair Zumba Class w/Patty, B</b><br><b>10:00 Shopping at Walmart, O</b><br>10:00 Catholic Communion, B<br>10:30 Rosary Service, B<br>1:00 Bridge Club, B<br><b>2:30 Fall Decoration Art Expression, B</b><br>6:00 Hand & Foot Card Game, B   | <b>10:00 Post Office/Bank, O 6</b><br>10:00 Word of the Day, Coffee & Snack Wednesday Social, L<br>10:30 Blood Pressure Checks w/A.R.T., CR<br><b>2:00 Sassy Senior \$1 Bingo, B</b><br><b>3:15 Out to Buc-ee's, O</b><br>6:00 Nickel (Card Game), B<br>6:45 Bring a Friend Movie Night, TH   | <b>9:30 Balance Class w/Legacy, B 7</b><br><b>10:00 Shopping at Walmart, O</b><br>10:00 Blood Pressure Check w/Legacy, CR<br><b>10:15 Bible Study w/Pastor Frances, B</b><br>12:30 Singalong, O<br><b>2:30 Shopping at Target, O</b><br><b>2:30 Misc. Errands, O</b><br><b>3:00 Fancy Nails and Hand Massage, B</b><br><b>4:00 Trivia Club, R66</b><br>6:00 Mexican Train, LL | <b>Dia De Los Muertos 1</b><br><b>National Jersey Day</b><br><b>9:30 Express Errands, O</b><br>10:00 Current Events Coffee & Snacks Friday Social, L<br><b>10:30 Live Well Strength w/Legacy, CR</b><br><b>11:00 Out to Tierney's Cafe, O</b><br>1:00 Bridge Club, B<br>2:00 Wonder Word Challenge<br><b>3:30 Dia De Los Muertos Happy Hour, L</b><br>6:00 Hand & Foot Card Game, B | 9:30 Walking Warriors 2<br>10:30 Coffee & Conversation, L<br>1:00 Trivia Pursuit, LL<br>1:30 Card Games, B<br><b>2:30 Fun Flicks and Popcorn, TH</b><br>3:30 Billiards (Pool)<br>6:00 Chicken Foot<br>7:00 Crazy Card Game, B   |
| 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66<br>9:00 Bible Study, CR<br>1:15 Chicken Foot, LL<br>3:00 Resident Choice Game<br>6:00 Chicken Foot<br>6:30 Resident Card Games, B<br><b>7:20 Cowboys vs. Minnesota, R66</b>   | <b>VETERANS DAY 11</b><br><b>9:30 Exercise w/Jacque of A.R.T., CR</b><br>10:00 Coffee & Snacks Monday Social, L<br><b>10:00 Big Lots, O</b><br>10:30 Blood Pressure Checks w/A.R.T., CR<br>2:00 Pokeno for Prizes, CR<br><b>2:30 Singalong w/Karen, L</b><br><b>3:30 Healthy Bites Talk w/Becky, B</b><br>6:00 Hand & Foot Card Game, B  | <b>9:30 Chair Zumba Class w/Patty, CR 12</b><br><b>10:00 Shopping at Walmart, O</b><br>10:00 Catholic Communion, B<br>10:30 Rosary Service, B<br>1:00 Bridge Club, B<br><b>2:30 Town Hall Meeting, CR</b><br><b>3:15 Thankful for You Social w/Sunshine, B</b><br><b>4:30 Out to Olive Garden, O</b><br>6:00 Hand & Foot Card Game, B | <b>World Kindness Day 13</b><br><b>9:30 Exercise w/Jacque of A.R.T., CR</b><br><b>10:00 Post Office/Bank, O</b><br>10:00 Word of the Day, Coffee & Snack Wednesday Social, L<br>10:30 Blood Pressure Checks w/A.R.T., CR<br>2:00 Sassy Senior \$1 Bingo, CR<br><b>3:30 Ice Cream Social and Scavenger Hunt w/Legacy, B</b><br>6:00 Nickel (Card Game), B<br>6:45 Bring a Friend Movie Night, TH | <b>9:30 Balance Class w/Legacy, CR 14</b><br><b>10:00 Shopping at Walmart, O</b><br>10:00 Blood Pressure Check w/Legacy, CR<br><b>10:15 Bible Study w/Pastor Frances, CR</b><br>12:30 Singalong, O<br><b>2:00 Busy Hand Club, R66</b><br><b>2:30 Misc. Errands, O</b><br><b>3:30 Happy Fall Y'all Social w/Jacque, B</b><br>6:00 Mexican Train, LL                            | <b>America Recycle Day 15</b><br><b>9:30 Express Errands, O</b><br>10:00 Current Events Coffee & Snacks Friday Social, L<br><b>10:30 Live Well Strength w/Legacy, CR</b><br>1:00 Bridge Club, B<br>2:00 Wonder Word Challenge<br><b>3:30 Family Time Happy Hour, L</b><br>6:00 Hand & Foot Card Game, B   | 9:30 Walking Warriors 16<br>10:30 Coffee & Conversation, L<br>1:00 Trivia Pursuit, LL<br>1:30 Card Games, B<br><b>2:30 Fun Flicks and Popcorn, TH</b><br>3:30 Billiards (Pool)<br>6:00 Chicken Foot<br>7:00 Crazy Card Game, B  |
| 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66<br>9:00 Bible Study, CR<br><b>12:00 Cowboys vs. Detroit, R66</b><br>1:15 Chicken Foot, LL<br>3:00 Resident Choice Game<br>6:00 Chicken Foot<br>6:30 Resident Card Games, B    | <b>Apple Cider Day 18</b><br><b>9:30 Exercise w/Jacque of A.R.T., CR</b><br>10:00 Coffee & Snacks Monday Social, L<br><b>10:00 Dollar Tree, O</b><br>10:30 Blood Pressure Checks w/A.R.T., CR<br>2:00 Pokeno for Prizes, CR<br><b>2:30 Singalong w/Karen, L</b><br><b>3:30 Influenza Health Talk, B</b><br>6:00 Hand & Foot Card Game, B | <b>9:30 Chair Zumba Class w/Patty, CR 19</b><br><b>10:00 Shopping at Walmart, O</b><br>10:00 Catholic Communion, B<br>10:30 Rosary Service, B<br>1:00 Bridge Club, B<br>2:30 Art Expression, CR<br>6:00 Hand & Foot Card Game, B  | <b>9:30 Exercise w/Jacque of A.R.T., CR 20</b><br><b>10:00 Post Office/Bank, O</b><br><b>10:00 Out to JC Penney, O</b><br>10:00 Word of the Day, Coffee & Snack Wednesday Social, L<br>10:30 Blood Pressure Checks w/A.R.T., CR<br>2:00 Sassy Senior \$1 Bingo, CR<br><b>3:30 Thanksgiving Social w/Vitas, B</b><br>6:00 Nickel (Card Game), B<br>6:45 Bring a Friend Movie Night, TH           | <b>9:30 Balance Class w/Legacy, CR 21</b><br><b>10:00 Shopping at Walmart, O</b><br>10:00 Blood Pressure Check w/Legacy, CR<br><b>10:15 Bible Study w/Pastor Frances, CR</b><br>12:30 Singalong, O<br><b>2:30 Misc. Errands, O</b><br><b>3:30 Activity Meeting and Pie Social w/Patty, B</b><br>6:00 Mexican Train, LL  | <b>9:30 Express Errands, O 22</b><br>10:00 Current Events Coffee & Snacks Friday Social, L<br><b>10:30 Live Well Strength w/Legacy, CR</b><br><b>11:00 Out to Cracker Barrel, O</b><br>1:00 Bridge Club, B<br>2:00 Wonder Word Challenge<br><b>3:30 Birthday Bash, L</b><br>6:00 Hand & Foot Card Game, B   | 9:30 Walking Warriors 23<br>10:30 Coffee & Conversation, L<br><b>12:30 Thanksgiving Feast, DR</b><br>1:00 Trivia Pursuit, LL<br>1:30 Card Games, B<br><b>2:30 Fun Flicks and Popcorn, TH</b><br>3:30 Billiards (Pool)<br>6:00 Chicken Foot<br>7:00 Crazy Card Game, B |
| 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66<br>9:00 Bible Study, CR<br>1:15 Chicken Foot, LL<br>3:00 Resident Choice Game<br><b>3:25 Cowboys vs. New England, R66</b><br>6:00 Chicken Foot<br>6:30 Resident Card Games, B | <b>9:30 Exercise w/Jacque of A.R.T., CR 25</b><br>10:00 Coffee & Snacks Monday Social, L<br><b>10:00 Tom Thumb, O</b><br>10:30 Blood Pressure Checks w/A.R.T., CR<br>2:00 Pokeno for Prizes, CR<br><b>2:30 Singalong w/Karen, L</b><br><b>4:00 Pumpkin Toss Game, B</b><br>6:00 Hand & Foot Card Game, B                                 | <b>9:30 Chair Zumba Class w/Patty, CR 26</b><br><b>10:00 Shopping at Walmart, O</b><br>10:00 Catholic Communion, B<br>10:30 Rosary Service, B<br>1:00 Bridge Club, B<br>2:30 Art Expression, CR<br>6:00 Hand & Foot Card Game, B  | <b>9:30 Exercise w/Jacque of A.R.T., CR 27</b><br><b>10:00 Post Office/Bank, O</b><br>10:00 Word of the Day, Coffee & Snack Wednesday Social, L<br>10:30 Blood Pressure Checks w/A.R.T., CR<br>2:00 Sassy Senior \$1 Bingo, CR<br><b>3:30 Gobble Gobble Social w/Jason, B</b><br>6:00 Nickel (Card Game), B<br>6:45 Bring a Friend Movie Night, TH  | <b>THANKSGIVING DAY 28</b><br><b>10:00 Thanksgiving Wonderword Search, L</b><br><b>2:00 Movie Time: Miracle on 34th Street, TH</b><br><b>3:30 Cowboys vs. Buffalo, R66</b><br>6:00 Mexican Train, LL  | <b>Black Friday 29</b><br><b>9:30 Express Errands, O</b><br>10:00 Current Events Coffee & Snacks Friday Social, L<br><b>10:30 Live Well Strength w/Legacy, CR</b><br>1:00 Bridge Club, B<br>2:00 Wonder Word Challenge<br><b>3:30 Enough Turkey Happy Hour, L</b><br>6:00 Hand & Foot Card Game, B  | 9:30 Walking Warriors 30<br>10:30 Coffee & Conversation, L<br>1:00 Trivia Pursuit, LL<br>1:30 Card Games, B<br><b>2:30 Fun Flicks and Popcorn, TH</b><br>3:30 Billiards (Pool)<br>6:00 Chicken Foot<br>7:00 Crazy Card Game, B  |