

A Thanksgiving Tradition

The Macy's Thanksgiving Day Parade in New York City has been a holiday tradition since 1924. Line up for some facts about the annual spectacle:

- Along with floats, brass bands and entertainers, the early parades included animals from the Central Park Zoo.
- Giant helium balloons replaced the live animals in 1927. Felix the Cat, a dinosaur and a dog were among the first characters.
- In the early years, balloons were simply released into the air after the parade instead of being deflated. Macy's offered rewards to those who found a balloon and returned it to the store.
- The parade was halted for three years during World War II, and Macy's donated 650 pounds of balloon rubber to the war effort.
- Macy's is the second-largest consumer of helium in the world, after the U.S. government.
- Each balloon takes about 90 minutes to inflate, and about 90 handlers are needed to control its guide ropes during the parade.
- Directing each balloon's handlers is a "pilot," who must walk backward during the entire 2.5-mile route.
- There are more than 8,000 parade participants, including Macy's employees, marching bands, celebrity singers, Broadway performers and the Radio City Rockettes.
- Around 3.5 million people line the city streets to watch the parade, and about 50 million watch on TV.



Centennial Commemoration

This year, Nov. 11 marks the 100th anniversary of a historic moment: the armistice that ended World War I.

The ceasefire for what was known then as the Great War went into effect at 11 a.m. on Nov. 11, 1918 — the 11th hour of the 11th day of the 11th month. After four years, the fighting between the Allied forces and Germany stopped.

On the one-year anniversary of the armistice, U.S. President Woodrow Wilson proclaimed Nov. 11 as Armistice Day to recognize the heroism of those who served in "the war to end all wars" and to celebrate world peace.

By 1926, more than half of the U.S. states had made Armistice Day a legal holiday, and Congress passed a resolution requesting the president formally honor the anniversary. In 1938, Armistice Day officially became a federal holiday.

After the nation's military fought in World War II and the Korean War, the name of Armistice Day was changed to Veterans Day in 1954 as a tribute to American veterans of all wars. Now, every year on Nov. 11, ceremonies take place throughout the country to thank our veterans and remember the sacrifice of all who have served and those who continue to serve.



Please Pass the Stuffing — or Dressing

At Thanksgiving dinners this month, many will reach for helpings of a savory concoction of bread, vegetables and herbs. But the name of this dish, either stuffing or dressing, varies from table to table.

Some culinary experts say stuffing is cooked inside a turkey, while dressing is baked in a separate dish. Others say the terms are interchangeable, and history seems to agree. According to the Oxford English Dictionary, the word "stuffing" dates back to 1538 and refers to a mixture cooked inside poultry or other meat, but during the Victorian era, the more polite-sounding name "dressing" emerged. People living in the Southern U.S. adopted this trend, and today, "dressing" tends to be more popular in the South, while "stuffing" is more common in the North.

No matter what it's called, the dish has become a holiday meal favorite and can feature a variety of ingredients. Traditional recipes call for white bread, cornbread or sourdough as the main component, along with the classic combination of onions, celery and sage. Some cooks like to include additions such as sausage, oysters, mushrooms, butternut squash, dried fruit and nuts.



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. 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.

Get ready, the turkey is on the way! Please join us in celebration: Thanksgiving Buffet Luncheon on Saturday, Nov. 17, at 12:30 p.m. Reservations must be made in advance no later than Nov. 10.

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

Regards,
Erin Montgomery
Executive Director



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

- Marie Shea, 5th
- Emma Miller, 6th
- Nelson Trent, 23rd
- Camrine 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
- Friday, TBA Field Trips/Outing
- Friday, 2 p.m. Express Errands

Activities Subject to Change

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|---|---|---|--|
|  |  |  |  | | | |
| DAYLIGHT SAVING TIME ENDS 4 7:30 The Truth in Love (TV Channel 7), R66 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B | 9:30 Exercise w/Jacque of A.R.T., CR 5 10:00 Coffee & Snacks Monday Social, L 10:00 Dollar Tree, O 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR 2:15 Singalong w/Karen, L 3:15 Trivia Club, B 4:00 Ring Toss of Fire, B 6:00 Card Games, B 7:15 Cowboys vs. Tennessee (ESPN), R66 | ELECTION DAY 6 9:30 Chair Zumba Class w/Patty, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, CR 6:00 Card Games, B | 9:30 Exercise w/Jacque of A.R.T., CR 7 10:00 Post Office/Bank, O 10:00 Current Events Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 <i>Sassy Senior \$1 Bingo, CR</i> 3:15 Bible Study, TH 3:30 Puzzle Mania w/Patty, R66 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH | Fall Door Decoration Contest Begins 1 9:30 Balance Class w/Legacy, CR 10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 1:00 Bridge Club, CR 2:00 Misc. Errands, O 2:30 Scavenger Hunt w/Legacy 6:00 Card Games, B | Wear Your Favorite Jersey Day 2 9:30 Walking Warriors, B 9:30 Express Errands, O 10:00 Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 2:00 Wonder Word Challenge 3:30 Sadie Hawkins Happy Hour, L 6:00 Card Games, B | 9:30 Walking Warriors 3 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B |
| VETERANS DAY 11 7:30 The Truth in Love (TV Channel 7), R66 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B 7:20 Cowboys vs. Philadelphia (NBC), R66 | 9:30 Exercise w/Jacque of A.R.T., CR 12 10:00 Coffee & Snacks Monday Social, L 10:00 Big Lots, O 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR 2:15 Singalong w/Karen, L 3:30 Veterans Day Celebration, B 6:00 Card Games, B | 7:30 Men's Out for Breakfast, O 13 9:30 Chair Zumba Class w/Patty, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Town Hall Meeting, CR 3:15 Eat Drink and Be Thankful Social w/Sunshine, B 6:00 Card Games, B | 9:30 Exercise w/Jacque of A.R.T., CR 14 10:00 Post Office/Bank, O 10:00 Current Events Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 <i>Sassy Senior \$1 Bingo, CR</i> 3:15 Bible Study, TH 4:00 Pumpkin Toss, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH | 9:30 Balance Class w/Legacy, CR 15 10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 1:00 Bridge Club, CR 2:00 Misc. Errands, O 3:30 Let's Eat Pie Social w/Patty, B 6:00 Card Games, B | 9:30 Walking Warriors, B 16 9:30 Express Errands, O 10:00 Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 2:00 Wonder Word Challenge 3:30 Family and Friends Happy Hour, L 6:00 Card Games, B | 9:30 Walking Warriors 17 10:30 Coffee & Conversation, L 12:30 Thanksgiving Feast (Main Event), DR 1:30 Card Games, B 2:30 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B |
| 7:30 The Truth in Love (TV Channel 7), R66 18 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 12:00 Cowboys vs. Atlanta (FOX), R66 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B | 9:30 Exercise w/Jacque of A.R.T., CR 19 10:00 Coffee & Snacks Monday Social, L 10:00 Dollar Tree, O 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR 2:15 Singalong w/Karen, L 3:00 Start Kids Musical, L 4:00 Rowdy Ring Toss, B 6:00 Card Games, B | 9:30 Chair Zumba Class w/Patty, CR 20 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, CR 6:00 Card Games, B | 9:00 Podiatry Visit, F 21 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Current Events Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 <i>Sassy Senior \$1 Bingo, CR</i> 3:15 Bible Study, TH 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH | THANKSGIVING DAY 22 10:00 Thanksgiving Wonder Word Search, L 1:00 Bridge Club, CR 2:30 Busy Hand Club, B 3:30 Cowboys vs. Washington (FOX), R66 6:00 Card Games, B | 9:30 Walking Warriors, B 23 9:30 Express Errands, O 10:00 Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 2:00 Wonder Word Challenge 3:30 Turkey Recovery Happy Hour, L 6:00 Card Games, B | 9:30 Walking Warriors 24 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B |
| 7:30 The Truth in Love (TV Channel 7), R66 25 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B | 9:30 Exercise w/Jacque of A.R.T., CR 26 10:00 Coffee & Snacks Monday Social, L 10:00 Out to Tom Thumb, O 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR 2:15 Singalong w/Karen, L 3:15 Trivia Club, B 4:00 Rowdy Ring Toss, B 6:00 Card Games, B | Rockefeller Christmas Tree Day 27 9:30 Chair Zumba Class w/Patty, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Scrapbooking Club, CR 4:30 Out for Dinner (Resident Choice), O 6:00 Card Games, B 7:00 Rockefeller Christmas Tree Lighting, R66 | Hospice Month 28 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Current Events Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 <i>Sassy Senior \$1 Bingo, CR</i> 3:15 Bible Study, TH 3:30 Hospice Celebration w/Jason 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH | 9:30 Balance Class w/Legacy, CR 29 10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 1:00 Bridge Club, CR 2:00 Misc. Errands, O 2:30 Legacy Health Chat (Diabetes), B 6:00 Card Games, B | 9:30 Walking Warriors, B 30 9:30 Express Errands, O 10:00 Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 11:00 Out to Mama's Daughters' Diner, O 2:00 Wonder Word Challenge 3:30 Birthday Bash, L 6:00 Card Games, B |  |