

Searching for November

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.



O V T T M D Y C N M E Y R Y E
 I E H O U A A M H Y K E S L Y
 P T P P M Y D P S I H M E Q V
 R E M A E L N I Y C L V O N S
 O R L Z H I O O R K E L B W B
 C A Y I T G I A I N N I Y I L
 S N U I N H T N T P E P E H A
 F S U D A T C H E L R Q J O C
 H D D W S S E F C R Q O A T K
 W A X Z Y A L R Q V P D C V F
 D Y G K R V E A U T U M N S R
 N N A W H I R E B M E V O N I
 Y A D E C N A R B M E M E R D
 F O P S A G I T T A R I U S A
 T H A N K S G I V I N G V P Y

ARCHER (Sagittarius)

SAGITTARIUS

AUTUMN

ELECTION DAY

SCORPIO

BLACK FRIDAY

ELEVENTH

SCORPION (Scorpio)

CHILLY

NOVEMBER

THANKSGIVING

CHRYSANTHEMUM

REMEMBRANCE DAY

TOPAZ

DAYLIGHT SAVINGS

VETERANS DAY

November 2020 Newsletter



Celebrating Resident

Joan M 11/1

Leila W 11/6

Steve P 11/6

Barbara F 11/8

Katie B 11/16

Dorothy D 11/21

Helen N 11/23

Caye B 11/28

Staff Birthdays

Richard G 11/17

A Bridge to the Past

Historic bridges are links to our past. They are exemplary of an era's architecture, engineering, art, and technology. They also tell the story of a region. Who built the bridge? Who used the bridge? What communities did it connect? During November, Historic Bridge Awareness Month, take the time to seek out a local historic bridge and learn the history it embodies. The oldest bridge in America is a humble stone arch crossing of Pennypack Creek in Philadelphia, Pennsylvania. Built in 1697, men from the surrounding communities were expected to contribute to its construction either through labor or with money. Over the centuries, the three-span bridge has gone by many names: Pennypack Creek Bridge, the Holmesburg Bridge, the Frankford Avenue Bridge, and the King's Highway Bridge. It was originally built to carry America's first highway, the King's Road, from Philadelphia to New York. It was just 18 feet wide when it was built, large enough to accommodate two teams of horses. It is said that in April of 1775, a rider from Boston sped across the bridge into Philadelphia, delivering news of the Battle of Lexington and the start of the American Revolution. Historic bridges range from the humble to the magnificent.

On November 21, 1964, the Verrazano-Narrows Bridge opened, a massive two-span suspension bridge connecting Brooklyn to Staten Island over the "Narrows," the mile-wide entrance to New York Harbor. When it was built, it was the longest bridge in the world, and it is still the longest suspension bridge in the Americas. New York's master planner Robert Moses, engineer Othmar Ammann, and the thousands of workers who risked their lives to construct such a marvel created more than a bridge; it is New York's grandest entrance and an enduring work of art. Its two monumental 70-story steel towers support four massive cables, which contain enough steel wire to stretch halfway to the moon. These bridges—artifacts of art, engineering, and history—are just two reminders out of thousands around the world that it is always better to build bridges than to burn them.

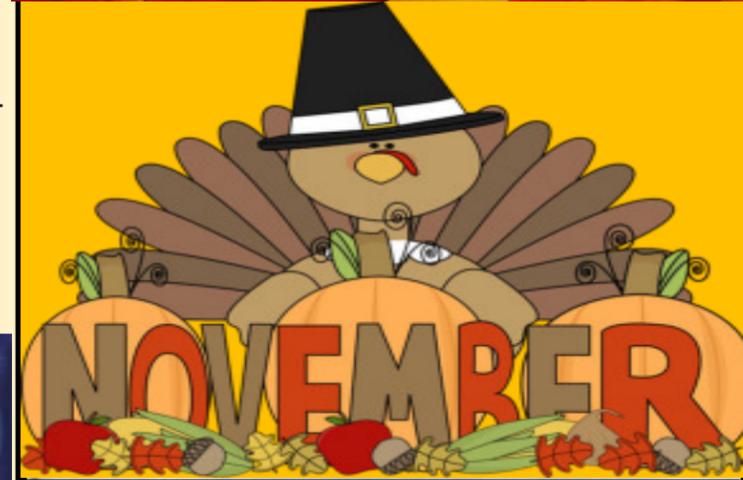
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Daylight Savings time ENDS 9:30 Coffee/Muffins 10:30 Church Service CH 7 2:00 Matinee Movie 4:00 Daily Chronicles	2 10:00 Cardio Classic 11:00 Devotion 11:00 Arm Chair Travel 2:00 Comedy Movie Time 3:00 BINGO 5:00 Daily Chronicles 6:15 Monday Night Football	3 Election DAY 10:30 News and YOU!! 11:30 Brain Exercises 2:00 Hydration Corner 2:30 Seated Exercise w/Santino 3:00 BINGO 5:00 Daily chronicles 6:15 Movie Night:	4 10:00 Its Yoga & Breathing 11:00 Devotion 11:30 Word Search and Brains CR 2:00 Pampered Hands 3:00 BINGO 5:00 Daily Chronicles 6:15 Movie Night	5 10:00 Coffee & Garden Talk 11:00 Brain Teasers 2:00 Matinee Movie 2:00 Hangman Groups 3:00 Community Social 5:00 Daily Chronicles 6:15 Bistro Card Games	6 10:00 Morning Painting Class 11:00 Fun with Food 2:00 Netflix and More 3:00 Table Bowling 4:00 Happy Hour 5:00 Daily Chronicles 6:15 Movie Night:	7 10:00 Cranium Crunches 2:00 Can you Picture This? 3:00 BINGO w/ Santino 5:00 Daily Chronicles
8 9:30 Coffee/Muffins 10:30 Church Service CH 7 2:00 Matinee Movie 4:00 Daily Chronicles	9 10:00 Cardio Classic 11:00 Devotion 11:00 Arm Chair Travel 2:00 Comedy Movie Time 3:00 BINGO 5:00 Daily Chronicles 6:15 Monday Night Football	10 10:30 Crafts for the Ages 11:30 Brain Exercise 2:00 Hydration Corner 2:30 Seated Exercise w/ Santino 3:00 BINGO 5:00 Daily Chronicles 6:15 Movie Night	11 Veterans DAY 10:00 Its Yoga & Breathing 11:00 Veterans Day Documentary/ Dedication 2:00 Pampered Hands 3:00 BINGO 5:00 Daily Chronicles 6:15 Movie Night	12 10:00 Aromatherapy Game 11:00 5 Second Rule 2:00 Matinee Movie 3:00 CRAFTSSS 5:00 Daily Chronicles 6:15 Bistro Card Games	13 10:00 Coffee & Current Events 11:00 Making Fall Cookies 2:00 Darts Competition 3:00 Fun with Food 4:00 Happy Hour 5:00 Daily Chronicles 6:15 Movie Night:	14 10:00 Gadgets and Gizmos 2:00 Snack Crate 3:00 BINGO w/ Santino 4:00 Cranium Crunches 5:00 Daily Chronicles
15 9:30 Coffee/Muffins 10:30 Church Service CH 7 2:00 Matinee Movie 4:00 Daily Chronicles	16 10:00 Sit and Stretch w/ Tino 11:00 Devotion 2:00 Painting Class 3:00 BINGO 5:00 Daily Chronicles 6:15 Monday Night Football	17 10:30 News and YOU!! 11:30 Wheel of Fortune 2:00 Hydration Corner 2:30 Seated Exercise w/Santino 3:00 BINGO 5:00 Daily Chronicles 6:15 Movie Night	18 10:00 Its Yoga & Breathing 11:00 Devotion 11:30 Cranium Crunches 2:00 Pampered Hands 3:00 BINGO 5:00 Daily Chronicles 6:15 Movie Night	19 10:00 Cards to Take 11:00 Resin Mold Madness 2:00 Matinee Movie 2:30 Pictionary 3:30 Wellness center seminar 5:00 Daily Chronicles 6:15 Bistro Card Games	20 10:00 Morning Painting Class 11:00 Community Crossword 2:00 Resin Mold Madness 3:00 Table Bowling 4:00 Happy Hour 5:00 Daily Chronicles 6:15 Movie Night:	21 10:00 Cranium Crunches 2:00 Netflix Documentary 3:00 BINGO w/ Santino 5:00 Daily Chronicles
22 9:30 Coffee/Muffins 10:30 Church Service CH 7 2:00 Matinee Movie 4:00 Daily Chronicles	23 10:00 Cardio Classic 11:00 Devotion 11:00 Netflix and More 2:00 Comedy Movie Time 3:00 BINGO 5:00 Daily Chronicles 6:15 Monday Night Football	24 10:30 Crafts for the Ages 11:30 Community Crossword 2:00 Hydration Corner 2:30 Wellness Center Explore 3:30 BINGO 5:00 Daily Chronicles 6:15 Movie Night:	25 10:00 Its Yoga & Breathing 11:00 Devotion 11:30 Sensational Sounds 2:00 Pampered Hands 3:00 BINGO 5:00 Daily Chronicles 6:15 Movie Night	26 Thanksgiving 10:00 Trivia for you and me 11:00 Who What When? 2:00 Matinee Movie 3:00 Thankful Social 5:00 Daily Chronicles 6:15 Bistro Card Games	27 10:00 Coffee & Current Events 11:00 This day in History 2:00 Telephone GAME 3:00 Jewelry Making 4:00 Happy Hour 5:00 Daily Chronicles 6:15 Movie Night:	28 10:00 Gadgets and Gizmos 3:00 BINGO w/ Santino 4:00 Cranium Crunches 5:00 Daily Chronicles
29 9:30 Coffee/Muffins 10:30 Church Service CH 7 2:00 Matinee Movie 4:00 Daily Chronicles	30 10:00 Sit and Stretch w/ Santino 10:30 Devotion 11:00 Arm Chair Travel 2:00 Comedy Movie Time 3:00 BINGO 5:00 Daily Chronicles 6:15 Monday Night Football	B—Bistro (1st Floor) CR—Card Room (2nd Floor) CY 1—Courtyard 1 (Behind Bistro) CY 2—Courtyard 2 (Behind WC) DR—Dining Room (1st Floor) L—Library (3rd Floor) T—Theater (3rd Floor) WC—Wellness Center (1st Floor) S—Salon (1st Floor) MC—Memory Care (1st Floor) WD—Welcome Desk (1st Floor)	All Activities (Date, Time, Place) Subject to Change More details will be given on weekly activities schedules	Important Times to Know MEAL TIME Breakfast 8:00—9:00 A.M Lunch 12:00—1:00 P.M Dinner 5:00—6:00 P.M Hydration Times 10am,4pm & 7pm Snacks & Hydration offered throughout each day!		

Remembering Old Clem

November 23 is a special holiday for metalworkers and blacksmiths. It is St. Clement's Day, more casually known as Old Clem's Night, honoring Pope Clement I, the patron saint of metalworkers and blacksmiths. Celebrating the holiday, or "Clementing," has died out in all but a few places. The festivities began at sundown with the firing of the anvil. Gunpowder was packed into a small hole in the anvil so when it was struck by a hammer, it exploded in a shower of sparks. Then the smith (or often an apprentice) dressed in a wig, cloak, and mask transformed himself into "Old Clem." Old Clem led a procession through the streets, visiting tavern after tavern, soliciting donations of ale and money to pay for the holiday dinner.

November Birthdays

In astrology, those born from November 1–21 are Scorpio's scorpions. Scorpions are passionate and intense, yet you may never know given their calm demeanors. They value truth, loyalty, and justice in friends and family. Those born between November 22–30 are Archers of Sagittarius. The Archer's open mind, optimism, curiosity, and enthusiasm make them the travelers of the zodiac. They treasure freedom: freedom to roam, freedom of thought, and freedom to express themselves.



RESIDENT SPOTLIGHT

This Month we are Shining our spotlight on Myrna Torres! Myrna and her Husband Papi– AKA FRANK are an absolute joy. They bring so much laughter and love to our community. The Torres have been with us for 2 1/2 years. We are so thankful for this amazing couple. Keep bringing the salsa and spice. Buenos Dias!



Wedding Fit for a Queen

On November 20, 1947, Princess Elizabeth married Lieutenant Philip Mountbatten, Duke of Edinburgh, a former Greek and Danish prince. Two thousand guests were invited to the ceremony at Westminster Abbey, and it was broadcast by the BBC over both radio and on television to the masses, which was groundbreaking coverage at the time. Not only did thousands of well-wishing Britons line the streets of London and swarm in front of Buckingham Palace, but an estimated 200 million people tuned in to the BBC broadcasts. Princess Elizabeth's wedding dress was designed by Sir Norman Hartnell, designer to a long line of British royalty. His design was inspired by Botticelli's painting Primavera, an homage to spring and rebirth, and was submitted for review and accepted in mid-August, giving him just a few months to build the dress. It was made with ivory silk, fashioned with crystals and 10,000 seed pearls, and had a 15-foot silk tulle full court train. Because Britain was still subject to the rationing restrictions of World War II, Princess Elizabeth had to use rationing coupons to pay for her dress. Hundreds of Britons sent their personal coupons to the princess in a show of support. The Queen lent her daughter her grandmother Queen Mary's Russian Fringe tiara for the wedding day. Just as Elizabeth was set to leave for the Abbey, the tiara snapped and had to be quickly repaired on-site. The royal couple received 11 wedding cakes, but only one was official, baked by Scotland's McVitie and Price. The cake stood nine feet high in four tiers. With food rationing still in place, ingredients from around the world were sent as wedding presents, including sugar from the Girl Guides of Australia. With ingredients coming from far and wide, the cake was known as the "10,000 Mile Cake." In an era of austerity, some balked at the spectacle of such a lavish affair. But most Britons reveled in the royals and their extravagant wedding. It would be decades before another wedding of such import.

Turbo-Charged Toboggan

On November 22, 1927, Carl Eliason patented his Motor Toboggan after years of experimentation, giving rise to the invention of the snowmobile. Eliason, having grown up in Wisconsin, was an avid outdoorsman, but he suffered a foot disability that prevented him from snowshoeing. So, in 1924, the 24-year-old Eliason decided to attach a pair of skis to the front of a toboggan outfitted with an outboard motor that powered a steel track. His "motor toboggan" became the world's first primitive snowmobile. After receiving the patent, Eliason went on to build 50 of the machines, each one an individual work of art. When an order for 150 came in from Finland, he sold the rights to a major manufacturer. The U.S. Army even ordered 150 of the machines to help soldiers defend Alaska's wild and wintry backcountry.

What's Happening in November....

Aviation History Month

Native American Heritage Month

Adopt a Turkey Month

Polar Bear Week November 1–7

Cliché Day November 3

Veterans Day: U.S. November 11

Rock Your Mocs Day November 15

International Men's Day November 19

Thanksgiving: U.S. November 26

Square Dancing Day November 29

Thirsty for Customers

The Monday after Thanksgiving is widely known as Cyber Monday. It was created in 2005 by the National Retail Federation as a way to encourage people to shop online. E-commerce businesses are sure to lure hungry holiday shoppers with exclusive Cyber Monday deals and sales. The gimmick worked better than anyone could have hoped. In 2019, online sales surpassed traditional brick-and-mortar store sales for the first time, showing just how far e-commerce has come in the past 15 years. But not all businesses shared the economic success. Fed up with the declining revenues suffered by traditional stores, a local bookshop in New Hampshire renamed Cyber Monday as Cider Monday in 2015. In an effort to draw customers away from their computers and back to main street businesses, Toadstool Bookshops offered free apple cider to shoppers. It did not take long for not just bookshops but all manner of small businesses across the country to follow suit. If you venture out on November 30 to do some local shopping, arrive thirsty for some cider.

The Writing Life

Many writers believe their stories are alive inside all of us, just waiting for the moment to be told when the pen is finally put to paper. November is both Novel Writing Month and Memoir Writing Month, providing inspiration for writers to develop a fantastical fiction or share personal history. All peoples and cultures tell stories. It has been said that storytelling is an essential part of human nature and society. We use stories to establish social mores, preserve history, teach life lessons, explain the inexplicable, and entertain. The art of writing transposes oral stories into lasting works of art. This is a powerful act, one that defies even death, for written stories may last for centuries and even millennia after their creators are forgotten. November 1 is Author's Day, a perfect day for self-reflection. What do you want to write? Is there a story about you that you have been meaning to share? If you don't believe that you have a story worth sharing, think again. What is your fondest childhood memory? What moment most impacted your life? Remember, it is also human nature to find sadness more powerful than joy. In many ways, sad stories about bad decisions or grave mistakes are just as compelling as those with happy endings. The writing process begins with a thought. The next step is to jot those thoughts down as notes. Only after you've amassed a jumble of ideas can you begin to organize them into the cohesive form of a memoir or novel. The human brain loves patterns. Organizing your thoughts into a beginning, middle, and end—creating a pattern—will help you create a reader out of ambiguity and could feel incredibly rewarding. Most importantly, keep writing. November 15 is Love to Write Day, a good reminder halfway through the month, in case you've forgotten. If you never publish the book you are writing, research has shown that writing is a valuable tool for personal growth. You write, you nurture yourself, and that's worth more than the most expensive book contract.

Rights on "The Rock"

In 1963, the infamous prison Alcatraz, known as "The Rock," closed its doors. Soon after, local Native American groups began lobbying for the island to become a cultural center and school. According to the 1868 Treaty of Fort Laramie, Native Americans—referred to as Indians at the time—were allowed to take control of surplus federal lands. So, when a fire destroyed San Francisco's American Indian Center in October of 1969, a group of 89 activists, calling themselves "Indians of All Tribes," occupied Alcatraz island during the morning hours of November 20, 1969. The occupation lasted 19 months, with numbers on Alcatraz growing to 600. President Nixon chose to leave the peaceful occupiers alone. Officials visited to negotiate, but the occupiers demanded nothing less than the island itself, upon which they hoped to build a school, cultural center, and museum. Slowly, though, the political will of occupiers waned, and many departed, leaving behind a disorganized ragtag band. The activists may have given up Alcatraz, but they had propelled their rights movement forward and transformed Alcatraz into a symbol of Native American pride.

The Great Comet of 1680

For many of the 17th century, the appearance of a comet in the sky was something horrifying to behold. Comets were believed to be omens of disaster, foretelling earthquakes and storms, the death of kings, and the approach of disease. The year after a comet appeared over the skies of England in 1664, the Bubonic Plague killed 100,000 people in London. Then, in 1666, the Great Fire of London burned much of the central city to the ground. The word disaster comes from the Greek *dis*, meaning "bad," and *aster*, meaning "star." Indeed, many disasters were presaged by bad stars. In November of 1680, a comet appeared in the heavens so big, so bright, and with such a long tail that it could be seen in the daytime. The appearance of the Great Comet of 1680 threw many into confusion and dread. One letter from the time read: "God threatens us with dreadful punishments if we do not repent." Others turned to science to explain the phenomenon. The German astronomer Gottfried Kirch became the first man ever to see a comet from a telescope when he discovered the Great Comet on November 21, 1680. It came to be known as Kirch's Comet. A Spanish Jesuit priest, Eusebio Kino, charted the comet's course as he traveled from Cadiz, Spain, to Mexico City. His published account of the comet, the *Exposición astronómica de la cometa*, was one of the first scientific papers published in the New World. But the most famous investigator of the Great Comet was undoubtedly Isaac Newton. Astronomer Johannes Kepler had previously argued that objects revolved around the sun in elliptical orbits. Alas, he never proved this theory. Newton, using data from the Royal Astronomer John Flamsteed, proved once and for all that the comet did indeed travel around the sun in an elliptical orbit. Newton's study of the Great Comet also led to his well-known theories of gravity.

History Happenings

with Vanessa

THE HISTORY OF EARLY MOUNTAIN MUSIC & THE GHOST WHO PLAYED THE BANJO

The majority of early settlers in the Appalachians were from England, Ireland, Scotland and Wales. Life on this frontier was difficult and people relied on each other. Cherished musical traditions were extremely important links to the past and were passed down to the next generations as they came along. Traditional Appalachian music was based on ballads and dance tunes brought across the sea. Ballads were sung unaccompanied and usually by the women in the family as they were responsible for keeping their heritage and culture alive. Ballads tell a story and are personal narratives. The fiddle was the main instrument in dance tunes and the reel is believed to have developed in Scotland. Tunes changed with the introduction of the banjo and guitar and as time went on, new songs were written that were now accompanied by the guitar. New dance tunes included both the guitar and banjo with the fiddle and mountain music in general became what we know today as bluegrass.

THE GHOST WHO PLAYED THE BANJO

A number of old cabins stood abandoned as people died off or left the mountains and most were in a state of disrepair. In the early days, furniture, utensils, and even some musical instruments had been made by hard working hands. It was not uncommon to find homemade stringed instruments, such as a banjo. Once 2 friends decided to head out to catch some fish. They walked deep into a forested area arriving at their spot on the river near an abandoned cabin and began to prepare their gear.

After a day of fishing, they decided to camp out for the night. There was a little spring close by and they decided that it would be the perfect place to keep their fish overnight.

They made a fire and cut some evergreens to create beds to sleep on. After frying up some fish for supper, one decided that he was going to go explore the old cabin. When he returned, he told his friend that there was nothing in there but a few homemade benches and hanging on a wall was an old homemade banjo with no strings. His companion asked him if he knew the story of what had happened in that cabin and he did, indeed. A long time ago, a dance was taking place in there and the story was that a jealous lover found another man dancing with the girl he was courting. He flew into a rage and shot the man right there.

They stoked the fire and settled down to sleep. During the night, one of the men woke with a start. As clear as could be, he heard the sound of a fiddle and banjo coming from inside the cabin playing an old dance tune, *Sourwood Mountain*. He reached over to wake his friend, but he was already wide awake. He said he had been laying there listening to it thinking he must be dreaming. Both men sat up, but as they did, the music stopped. The only sound was the hissing of the dying fire. They sat up for the rest of the night, but the ghostly music was heard no more. As soon as dawn came, they packed up, gathered their fish and started walking as fast as they could, never looking back at the cabin. They remained close friends as they grew old and often talked about that night by the river when they heard *Sourwood Mountain* being played inside the cabin by the ghost who played the banjo.

