



Sun Oak

SENIOR LIVING

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*"November comes And November goes,
With the last red berries And the first white snows."*

~ Elizabeth Coatsworth, "November Comes"

Celebrating November

Daylight Saving Time Ends

November 5

Election Day (U.S.)

November 7

Veterans Day (U.S.)

November 11

Remembrance Day (Canada)

November 11

Thanksgiving Day (U.S.)

November 23

On the Thanksgiving Menu

Thanksgiving in America means gracing the table with a classic roast turkey with stuffing and gravy, sides of cranberry sauce and sweet potatoes, and, of course, a pumpkin pie for dessert. By the start of November, Canada has already celebrated its own national Thanksgiving with the traditional turkey, stuffing, and gravy, and a spicier pumpkin pie made with nutmeg, cinnamon, cloves, and ginger. While we call these foods the "traditional" dishes of Thanksgiving, were these foods really eaten by the Pilgrims and Wampanoags at the first Thanksgiving in 1621?

For many, turkey is synonymous with Thanksgiving. While there is no exact record of the first Thanksgiving menu, one Pilgrim named Edward Winslow did keep a chronicle of the colony's daily events. He noted that prior to the feast, governor William Bradford sent men on a fowl-hunting mission. This "fowling" group may have hunted for wild turkeys, but it is more likely that they brought back ducks, geese, and swans. These birds were not stuffed with bread-based stuffing, but with onions, herbs, and nuts. While no definite record of turkey exists, it is known that the Wampanoags arrived at the feast with five deer, which may have been roasted on a spit or cooked into a savory stew.

Vegetables were plentiful, especially corn, but it was made into cornmeal, which was then pounded and boiled into a porridge sweetened with molasses. Cranberries were also plentiful, but they were not made into sweet sauces, jellies, or tarts. The Pilgrims had long run out of sugar from their ocean voyage. There were also no potatoes, either sweet or white, at the first Thanksgiving, for potatoes did not yet exist in North America. While pumpkins were native, they were not made into pies, for the Pilgrims had no butter or wheat flour to make piecrust. What is more certain is that shellfish was abundant: mussels, clams, oysters, bass, and lobster were stars of the first Thanksgiving.



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2017 Bowl-A-Thon Sun Oak received the Best Team Spirit Award.



In astrology, those born between November 1–21 are Scorpios. Scorpios are passionate, deep, and intense—qualities that help them counsel others in deep and meaningful ways. Those born between November 22–30 are the Archers of Sagittarius. Sagittarians are travelers, open-minded, and constantly in search for meaning. Extroverted and optimistic, Archers seek change and take concrete steps to achieve their goals.

Jerry R. 3rd

Lee G. 6th

Lois L. 16th

Dottie E. 18th

Cassie B. 20th

Resident of the Month

Victor P.



Victor is our resident of the month. He has been a part of our community for 13 years. He was born in La Junta, Colorado. He was a Military man in the Air Force. He has two wonderful children a son and a daughter. Victor also was blessed with six beautiful grandchildren. He was a school teacher in California for many years and worked with the troubled youth. Victor enjoys reading, watching western on T.V. and spending time with his grandchildren.

Fill Up on Turkey Trivia

- A turkey typically has about 70 percent white meat and 30 percent dark meat.
- Americans eat about 690 million pounds of turkey on Thanksgiving, the weight of the entire population of Singapore.
- Astronauts eat turkey on Thanksgiving, too. One of the first meals in space was a turkey dinner.

Trip to Apple Hill



Pumpkin Patch Outing



November is the eleventh month on the Gregorian calendar, but before January and February were added to the calendar, November was the ninth month. November is widely considered a month dedicated to remembering deceased ancestors and loved ones: The Roman Catholic holiday All Souls' Day, Mexico's Día de los Muertos (Day of the Dead), United States' Veterans Day, and Canada's Remembrance Day are all celebrated in November.



Employee of the Month
Anthanase K.

Anthanase is our Employee of the month. He is a companion in Sun Garden. He is one of our newest employees, but has already proven to be reliable, dependable and hardworking employee. Residents and the family members have mentioned they like his work ethics. Anthanase, we are thankful you are part of our team here at Sun Oak.

Hidden Thanksgiving Riddles

Three Thanksgiving riddles have been written below but the words have been joined together and the spaces put into the wrong places. Find the three riddles and their answers and write them on the lines below.

Wh ysho uldn 'tyo uinv ite aturk eyt oadi nne rpar ty?

Wh ydi dn 'tth etur keyw anta nyde sse rt?

Whic hsid eoft hetu rke yha sth emo stfe ath ers?

Claim your prize at the front desk.



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SENIOR LIVING
LEADERSHIP TEAM

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