

# The Carriage House

## Gracious Retirement Living

4680 Bellwether Lane • Oxford, FL 34484 • Phone (352) 330-5987 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

## NOVEMBER 2019

### THE CARRIAGE HOUSE STAFF

Managers.....JOHN & BECKY COON  
Management Team ..... ROD & JUDY JOBMAN  
Executive Chef ..... RICH OAKS  
Activity Coordinator .....TBA  
Bus Drivers ..... SANDY HECK, ALLAN HARRIS,  
& DIANA CANCEL  
Transportation ..... BILL HECK

### TRANSPORTATION

**Monday & Friday, 9:15 a.m.:** Walmart Shopping

**Monday & Friday, 11 a.m.:**  
Publix, CVS, Walgreens & Banks

**Monday & Friday, Noon-3 p.m.:**  
Local Doctor Appointments

**Tuesday & Thursday, 9 a.m.-3 p.m.:**  
Local Doctor Appointments

**Wednesday, 9 a.m.-1 p.m.:**  
Local Doctor Appointments

**Wednesday, 9 a.m.-5 p.m.:** Resident Outing

**Sunday, 8:55 a.m.:** New Covenant Methodist Church

**Sunday, 9:15 a.m.:** St. Mark's Catholic Church

**Sunday, 9:45 a.m.:** Live Oaks Church

**HAWTHORN**  
SENIOR LIVING

## Veterans Day

Veterans Day occurs on November 11th every year in the United States in honor of the “eleventh hour of the eleventh day of the eleventh month” of 1918 that signaled the end of World War I, known as Armistice



Day. Veterans Day originated as “Armistice Day” on November 11, 1919, the first anniversary of the end of World War I. Congress passed a resolution in 1926 for an annual observance, and Nov. 11 became a national holiday beginning in 1938.

In Europe, Great Britain and the Commonwealth countries it is common to observe two minutes of silence at 11 a.m. every November 11th. Every Veterans Day and Memorial Day, Arlington National Cemetery holds an annual memorial service. The cemetery is home to the graves of over 400,000 people, most of whom served in the military.

The military men and women who serve and protect the U.S. come from all walks of life; they are parents, children, grandparents, friends, neighbors and coworkers, and are an important part of their communities.

Here are some facts about the veteran population of the United States:

- 16.1 million living veterans served during at least one war.
- 5.2 million veterans served in peacetime.
- 2 million veterans are women.
- 7 million veterans served during the Vietnam War.
- 5.5 million veterans served during the Persian Gulf War.
- Of the 16 million Americans who served during World War II, about 558,000 are still alive.
- 2 million veterans served during the Korean War.



## Sundays Chew and Chat with Becky and John!

Enjoy Sunday mornings with coffee and doughnuts with Becky and John! They will be located in the Activity Center every Sunday morning at 10 a.m.!



## 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.



## — November 18th! Mickey and Minnie Mouse's Birthday! —

November 18, 1928 is considered by most to be the official birthday of Mickey Mouse. That's because this is when the mouse first debuted to the public in the short film "Steamboat Willy." During the 1920s, Disney Studios created cartoon characters for Universal Studios. One of these animated characters was Oswald the Lucky Rabbit. In 1928, Walt Disney noticed how strong the series was going, so he went to producer Charles Mintz and asked for an increase in the budget. However, Mintz refused and demanded that instead of a raise that Walt take a 20 percent cut to his budget. When Walt refused, Mintz told him that Oswald the Lucky Rabbit was owned by Universal, as was his other characters. He also told him that all of his animators were already signed to contracts to Universal. Instead, Walt finished the work he was contractually obligated to finish and started to start a new Disney Studio, complete with new animators. One of those animators was Ubbe Eert Iwerks — a man who was affectionately referred to as Ub Iwerks.

In 1928, Walt Disney asked Ub Iwerks to develop some new character sketches. Iwerks started drawing several prototypical animals which included cows, horses, dogs and cats. However, Walt Disney didn't like any of them. Eventually, Ub Iwerks created a mouse which Walt Disney originally named Mortimer Mouse. That name didn't last long, though. When Lily Disney, Walt Disney's wife, found out the proposed name of the mouse, she didn't like it at all and instead urged Walt to change it to something else. He did and changed it to Mickey Mouse.

People all around the world celebrate Mickey Mouse's Birthday in a number of different ways. Some people spend the day watching Disney movies. Other people throw a "mock" birthday party at their homes — complete with a Mickey Mouse themed birthday cake. And other people travel to Walt Disney World to tell Mickey Mouse happy birthday.





## Legacy Corner: National Diabetes Awareness Month

With the holidays coming upon us quickly, it can be a difficult time for diabetics. Frequent monitoring by your physician is important to your long-term health and quality of life. Your Legacy therapists can provide you with resources about diabetes management.



### **What affects blood sugar levels?**

Things that make blood sugar rise include ...

- Inactivity
- A meal or snack that is high in carbohydrates
- Side effects of some medications
- Infection or illness
- Stress

Things that make blood sugar fall include ...

- Extra activity
- A meal or snack with less carbohydrates than usual
- Missing a meal or snack
- Drinking alcoholic beverages (especially on an empty stomach)



## A Symbol of Bounty

A festive and familiar sight at Thanksgiving, cornucopias overflow with fall fruits, gourds and flowers.

This symbol of abundance is often associated with the first Thanksgiving in 1621, but there is no record of cornucopias at the feast. The decoration actually has roots in ancient Greek legends, and was originally a goat's horn filled with fruits and grains and placed at the center of a lavish spread of food. The name cornucopia comes from the Latin words cornu, meaning "horn," and copia, meaning "plenty," which is why it's also called a horn of plenty.

Cornucopias were depicted in European art as symbols of wealth and a bountiful harvest. Over time, actual horns were replaced with woven horn-shaped baskets, which became prominent at fall festivals as well as in homes as the classic centerpiece for a Thanksgiving table.

A modern horn of plenty is typically made of wicker but can also be metal, stone, wood or ceramic.



*The horn of plenty*

# NOVEMBER 2019

## Birthdays

Ray Krasley, 6th  
 MaryLou Bobby, 12th  
 Marie Thompson, 13th  
 Gerry Langer, 14th  
 Carol Richards, 21st  
 Donna Sullivan, 22nd  
 Betty Phillips, 28th  
 Lillie Silirie, 30th

## Locations

Activity Center, AC  
 Atrium, ATR  
 Bistro, Bistro  
 Dining Room, DR  
 Front Door, FTDR  
 Grandma's Kitchen, GRK  
 Library, LIB  
 Movie Theater, Movie  
 Pool Table Room, TAB  
 Pool TAB  
 Private Dining Room, PDR  
 Second Floor TV Room, 2FTV  
 Swimming Pool, SWP  
 Third Floor Chapel, Chapel  
 Third Floor Exercise Room, 3FEX

Every night at 6:45 p.m., we have a movie in the Theater.

Every Wednesday is Outing Day. Check the sign-up table for when and where.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<b>DAYLIGHT SAVING TIME ENDS 3</b> <b>10:00 Chew and Chat with Becky and John!, AC</b> 10:30 Prayer Services in the Chapel 2:00 Matinee Movie, Movie 2:00 Karaoke with Marci Carlson, AC 6:45 Movie Night, Movie 7:00 Bring-A-Buck Bingo with Roy, AC	<b>4</b> 9:30 <i>Chair Exercises, AC</i> 11:00 Ukulele Lessons, Movie 2:00 Hang Yer Hat Bingo, AC 6:45 Movie Night, Movie 7:00 Dominoes, 2FTV	<b>ELECTION DAY 5</b> 9:30 Morning Stretch, AC 10:00 Bring-A-Buck BUNCO, AC 11:00 Natl. Cremation Society, 2FTV 2:00 Sunshiners Go to Visit!, FTDR 3:00 Exercise with Legacy, SWP 6:45 Movie Night, Movie 7:00 Pinochle, DR	<b>6</b> 9:30 <i>Chair Exercises, AC</i> <b>10:00 Bible Study Pastor Dale, Chapel</b> 10:30 Horse Race, AC 11:00 Chair Chi, 3FEX <b>11:00 Natl. Saxophone Day, Mike Michaels Performs, AC</b> 11:30 Resident/Manager Meeting, DR 2:00 Hang Yer Hat Bingo, AC 6:45 Movie Night, Movie 	<b>7</b> 9:30 Morning Stretch, AC 2:00 Health Talk by Legacy, Movie 2:00 Legacy Health Talk, 2FTV 2:00 Legacy Health Talk: Nutrition 6:45 Movie Night, Movie 7:00 Pinochle, DR	<b>8</b> <b>6:00 Wear Red Day!</b> 8:30 Blood Pressure Checks by Legacy, Bistro 9:30 <i>Chair Exercises, AC</i> 11:00 Camerata Practice, AC 11:00 Square Dancing, 3FEX 2:00 Hang Yer Hat Bingo, AC 4:00 Happy Hour, Bistro 6:45 Movie Night, Movie	<b>9</b> 11:00 "I've Got Rhythm" Class, AC 2:00 Matinee Movie, Movie <b>3:00 Bean Bag Baseball with Rod and Judy!, AC</b> 3:30 <i>Catholic Communion Service &amp; Rosary (Chapel)</i> 6:45 Movie Night, Movie
<b>10:00 Chew and Chat with Becky and John!, AC 10</b> 10:30 Open Bible Church Services, Chapel 2:00 Matinee Movie, Movie 6:45 Movie Night, Movie 7:00 Bring-A-Buck Bingo with Roy, AC	<b>VETERANS DAY 11</b> 9:30 <i>Chair Exercises, AC</i> 10:30 New Resident Class, AC 2:00 Hang Yer Hat Bingo, AC 2:00 52 Card Bingo with J and J, AC 6:45 Movie Night, Movie 7:00 Dominoes, 2FTV 11:45 VFW of Lady Lake Color Guard, DR	<b>12</b> 9:30 Morning Stretch, AC 10:00 Bring-A-Buck BUNCO, AC 2:00 Sunshiners Go to Visit!, FTDR 2:00 Sara Ellaman on Aid and Attendance, AC 3:00 Exercise with Legacy, SWP <b>4:00 Go to Barnes and Noble/Panera, FTDR</b> 6:45 Movie Night, Movie 7:00 Pinochle, DR 10:00 Free Legal Advice John Marshall, Movie 	<b>13</b> 9:30 <i>Chair Exercises, AC</i> <b>10:00 Bible Study Pastor Dale, Chapel</b> 10:00 Interim Health Talk, Movie 10:00 Health Talk: Village Home Care's Joy, Movie 11:00 Chair Chi, 3FEX 2:00 Hang Yer Hat Bingo, AC 3:00 American Mobile Dermatology Is Here, AC 6:45 Movie Night, Movie 	<b>14</b> 9:30 Morning Stretch, AC 10:00 Health Talk: Village Home, 2FTV 4:00 Buddy Mitchell Performs, DR 6:45 Movie Night, Movie  7:00 Pinochle, DR	<b>15</b> <b>6:00 Wear Red Day!</b> 8:30 Blood Pressure Checks by Legacy, Bistro 9:30 <i>Chair Exercises, AC</i> 11:00 Camerata Practice, AC 11:00 Square Dancing, 3FEX 11:00 Health Talk: VITAS, Movie 2:00 Hang Yer Hat Bingo, AC 4:30 Bus Leaves, Spaghetti Feed, FTDR 6:45 Movie Night, Movie	<b>16</b> 11:00 "I've Got Rhythm" Class, AC 2:00 Matinee Movie, Movie <b>3:00 Bean Bag Baseball with Rod and Judy!, AC</b> 3:30 <i>Catholic Communion Service &amp; Rosary (Chapel)</i> 6:45 Movie Night, Movie
<b>10:00 Chew and Chat with Becky and John!, AC 17</b> 10:30 Prayer Services in the Chapel 1:45 Harbor Lights Gospel Group Performs, AC 2:00 Matinee Movie, Movie 2:30 Sundae on Sunday Ladies Aux. Of Am. Legion, AC 6:45 Movie Night, Movie 7:00 Bring-A-Buck Bingo with Roy, AC	<b>18</b> 9:30 <i>Chair Exercises, AC</i> 10:30 Suzanne, Floral Design, \$8, Bistro 11:00 Ukulele Lessons, Movie 2:00 Hang Yer Hat Bingo, AC 6:45 Movie Night, Movie 7:00 Dominoes, 2FTV	<b>19</b> 9:00 <b>Podiatrist Marcus Frey in the Theater, Movie</b> 9:30 Morning Stretch, AC 10:00 Bring-A-Buck BUNCO, AC 2:00 Sunshiners Go to Visit!, FTDR <b>2:30 Activity Coord./Resident Monthly Meeting, AC</b> 3:00 Exercise with Legacy, SWP 6:45 Movie Night, Movie 7:00 Pinochle, DR 7:00 Butterbean Band Performs, AC	<b>20</b> 9:30 <i>Chair Exercises, AC</i> <b>10:00 Bible Study Pastor Dale, Chapel</b> 10:30 American Mobile Dermatology Health Talk, Movie 10:30 Horse Race, AC 11:00 Chair Chi, 3FEX <b>11:00 Mass (Third Floor Chapel)</b> 2:00 Hang Yer Hat Bingo, AC <b>3:00 Resident/Chef Meeting, AC</b> <b>5:45 Wii League Bowling Banquet, AC</b> 6:45 Movie Night, Movie	<b>21</b> 9:30 Morning Stretch, AC 10:00 American Mobility, Fix-It Day, ATR 2:00 Play Time with Legacy, AC 2:00 Connect Hearing Clean and Checks, Movie <b>2:00 Legacy Sponsors Beanbag Baseball Game, AC</b> 4:30 Off to the Squares, FTDR 6:45 Movie Night, Movie  7:00 Pinochle, DR	<b>22</b> <b>6:00 Wear Red Day!</b> 8:30 Blood Pressure Checks by Legacy, Bistro 9:30 <i>Chair Exercises, AC</i> 11:00 Camerata Practice, AC 11:00 Square Dancing, 3FEX 2:00 Hang Yer Hat Bingo, AC 4:00 Happy Hour, Bistro 6:45 Movie Night, Movie 7:00 New Covenant Methodist Church Strummers, AC 	<b>23</b> 11:00 "I've Got Rhythm" Class, AC 2:00 Matinee Movie, Movie <b>2:00 Sounds of Time Perform, AC</b> 2:00 Fall Fest Begins!, AC <b>3:00 Bean Bag Baseball with Rod and Judy!, AC</b> 3:30 <i>Catholic Communion Service &amp; Rosary (Chapel)</i> 6:45 Movie Night, Movie
<b>10:00 Chew and Chat with Becky and John!, AC 24</b> 10:30 Open Bible Church Services, Chapel 2:00 Matinee Movie, Movie 6:45 Movie Night, Movie 7:00 Bring-A-Buck Bingo with Roy, AC	<b>25</b> 9:30 <i>Chair Exercises, AC</i> 10:30 New Resident Class, AC 2:00 Hang Yer Hat Bingo, AC 6:45 Movie Night, Movie 7:00 Dominoes, 2FTV	<b>26</b> 9:30 Morning Stretch, AC 10:00 Bring-A-Buck BUNCO, AC 2:00 Sunshiners Go to Visit!, FTDR 3:00 Exercise with Legacy, SWP 6:45 Movie Night, Movie 7:00 Pinochle, DR	<b>27</b> 9:30 <i>Chair Exercises, AC</i> <b>10:00 Bible Study Pastor Dale, Chapel</b> 11:00 Chair Chi, 3FEX 2:00 Hang Yer Hat Bingo, AC 6:45 Movie Night, Movie <b>7:00 Light Up Our Tree, Karen Hall Trio Performs, ATR</b>	<b>THANKSGIVING DAY 28</b> 9:30 Morning Stretch, AC 10:00 Dermatology on the Spot Health Talk, Movie 6:45 Movie Night, Movie 7:00 Pinochle, DR 	<b>29</b> <b>6:00 Wear Red Day!</b> 8:30 Blood Pressure Checks by Legacy, Bistro 9:30 <i>Chair Exercises, AC</i> 11:00 Camerata Practice, AC 11:00 Square Dancing, 3FEX 2:00 Hang Yer Hat Bingo, AC 6:45 Movie Night, Movie	<b>30</b> 11:00 "I've Got Rhythm" Class, AC 2:00 Matinee Movie, Movie 2:00 Earle and Pat Le Vier Perform, AC <b>3:00 Bean Bag Baseball with Rod and Judy!, AC</b> 3:30 <i>Catholic Communion Service &amp; Rosary (Chapel)</i> 6:45 Movie Night, Movie 



## Bean Bag Baseball with Rod and Judy!

Get ready to spend your Saturday evenings tossing bean bags and creating great memories! Rod and Judy will be coaching this super fun and interactive sport. Bean Bag Baseball is a great way to get in some exercise and really master your slugging skills!

Our team colors will be

BLUE and ORANGE! First game will be November 2nd at 3 p.m.! Meet in the Activity Center!

Bean Bag  
**BaseBall Toss!**  
Game



## The Best Pumpkin Mug Cake Recipe!

Craving a sweet pumpkin dessert but don't want an entire pumpkin cake or batch of pumpkin muffins in your house? Not only is it delicious, but it takes five minutes from start to finish to whip together.

Top it with a dollop of whipped cream or even a drizzle of caramel and prepare to fall in love!

### **Pumpkin Mug Cake Ingredients:**

- Vanilla cake mix (white or spiced cake mix also work!)
- Canned pumpkin puree
- Pumpkin pie spice
- Milk
- Vegetable oil

This Pumpkin Mug Cake recipe does not need any eggs — making it the perfect easy mug cake with a great egg-free texture.

The milk can be swapped for water or almond/coconut milk as needed.

You can also replace the pumpkin pie spice with cinnamon if that's what you have on hand! It's just as tasty!

### **Ingredients:**

- 6 tablespoons vanilla cake mix
- 2 tablespoons canned pumpkin puree
- 1 teaspoon pumpkin pie spice
- 1 tablespoon milk
- 1 tablespoon vegetable oil

### **Optional Toppings:**

- Whipped cream
- Caramel sauce
- Powdered sugar

### **Instructions:**

1. In a large mug, whisk (with a small whisk or large fork) together the cake mix, pumpkin puree, pumpkin pie spice, milk, and vegetable oil. Whisk until smooth.
2. Cook in the microwave on high for one minute and 30 seconds. Top with whipped cream (and extra cinnamon if you love it like me!) and serve immediately!





## “Come Home To Me, A Mother’s Poem,” War Poem by Mary Hodges

My darling, words cannot say  
How proud I am of you today.  
You’re beautiful, courageous, good, and strong.  
Taking up the cause to right the wrongs  
The world has caused for far too long.

I’ll watch you go so far away,  
So scared am I, but I will pray.  
I’ll send my angel to watch over you,  
To keep you safe and guide you through  
This very special work you do.

When I think of you I’m filled with pride.  
I’ll wipe the tears that I have cried.  
I know you’re doing what is right,  
And I’m behind you in your fight.  
Think of me, I’ll be your light.  
Don’t be afraid, I’m here for you.  
Trust in yourself; you know what to do.  
This mission’s important, soon you’ll see.  
You’re there to help someone be free,  
And when you’re done, come home to me.  
Come home to me.

## The Pumpkin Pie Tradition

For many, Thanksgiving dinner isn’t complete without a slice of pumpkin pie, the traditional holiday dessert.

Pumpkins are native to North America and were taken to Europe by explorers. In the 1600s, French and English cooks began using the orange squash in early pie recipes.

Native Americans and the Pilgrims probably included pumpkin at the first Thanksgiving, most likely as a savory dish. The early colonists would also hollow out pumpkins, fill them with sweet, spiced milk, and cook them over a fire.

Several generations later, in 1796, the first American cookbook, Amelia Simmons’ “American Cookery,” offered two recipes for “pompkin pudding,” in which a custard-like filling was baked in a crust. This became the basis for the pie we know today.



*In its original state*

Thanksgiving was declared a national holiday in 1863, but Americans had already made pumpkin pie a tradition of the annual meal. By the 1920s, canned pumpkin was a grocery staple, saving cooks time by eliminating the laborious process of cooking the squash.

**The Carriage House**  
Gracious Retirement Living

4680 Bellwether Lane  
Oxford, FL 34484



*Fall in love...*  
with the season

Embrace Autumn without the worry of rising utility costs and home maintenance issues. Enjoy the freedom that our gracious retirement lifestyle has to offer. Please give us a call or stop by any day of the week for a complimentary meal and tour.

**352-330-5987**

**The Carriage House**  
Gracious Retirement Living