

Happy
VETERANS'
DAY

ARMISTICE
COURAGE
DEFEND
DUTY
ENLIST

FREEDOM
GRATITUDE
HEROISM
HONOR
MILITARY

REMEMBRANCE
SACRIFICE
TROOP
VALOR
VETERAN

★ ★ ★

★ ★ ★

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GOBBLE,
GOBBLE!
11/26/20

HAPPY BIRTHDAY

Francine Herrick11/03/1939

Melissa Rogers.....11/09/1964

Dora Natoli.....11/10/1943

Annette Derryberry11/11/1932

Ruby Parkinson.....11/19/1927

Hekmat Younan11/30/1922

A
Kindly
GESTURE

A man was walking down the street one day when he noticed a boy trying to press a doorbell on a house across the street. However, the boy was very small, and the doorbell was too high for him to reach.

After watching the boy's efforts for some time, the man walked up onto the porch behind the little fellow and, placing his hand kindly on the child's shoulder, leaned over and gave the doorbell a solid ring.

Crouching down to the child's level, the man smiled kindly and asked, "And now what, my little man?"

The boy laughed. "Now we run!"

ARBOR
OAKS

News

November 2020

3400 JOG ROAD • GREENACRES, FL 33467

OUR
MANAGEMENT
TEAM

Karen Gibbons
Executive Director

Fara Linton
Nursing Director

Brenna Alvarez
Activities Director

Brenna Alvarez
Office Manager

TBD
Maintenance Director

Thomas Williams
Food Service Director

Trevor Gibbons
Dining Room Supervisor

ARBOR
OAKS

AT GREENACRES

An Assisted Living Residence

561-432-4700

November Fun Stuff

Due to the Corona (Covid 19) Virus and being confined (Quarantined) to our facility, there will be no planned activities until further notice. The activity associates will keep you undated with any progress.

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Sadie Hawkins Day

“Sadie Hawkins Day” was introduced in the comic strip, Li'l Abner, on November 15, 1937, and the scenario ran until the beginning of December. Sadie Hawkins Day is an American folk event originated by Al Capp's classic hillbilly comic strip Li'l Abner (1934–1978). This prompted world-wide Sadie Hawkins events, the premise of which, is that it is socially acceptable for women to ask men for a dance or a date. The story-line was revisited in October or November of 1938 and inspired many fads on college campuses around the world. By 1939, Life Magazine reported that 201 colleges in 188 cities held a Sadie Hawkins Day dance, picnic or race.

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November Holidays And Events

1.....All Saint's Day

2.....All Soul's Day

3.....Sandwich Day

4.....Check Your Blood Pressure Day

5.....Guy Fawkes Day

6.....National Nacho Day

7.....Bittersweet Chocolate with Almonds Day

9.....World Freedom Day

10.....USMC Day

11.....Veteran's Day

12.....World Pneumonia Day

13.....Caregiver Appreciation Day

14.....Hindu Diwali Day

16.....National Fast Food Day

17.....Homemade Bread Day

21.....National Adoption Day

23.....Eat a Cranberry Day

25.....National Cashew Day

26.....National Espresso Day

27.....National Parfait Day

28.....Thanksgiving -

29.....Eat, drink and be thankful

Black Friday

French Toast Day

Advent Begins

National Indian Pudding Day

Sadie Hawkins Day

Birthstone: Opal | Flower: Marigold | Zodiac: Libra & Scorpio



MORE ABOUT *Manatees*

November is many things to many people, and one of those things is Manatee Awareness Month. Many of you are pretty familiar with the official state marine mammal of Florida. This holiday actually originated in Florida, as you can imagine, and is dedicated to the preservation of the mammal and its natural habitat. Mammals migrate in winter, searching for new warm water areas in which to soak. Between Florida's infamous red tide and boats, they have a tough go of it. Thus, the holiday was born.

These beautifully gray guys and gals have wrinkled faces, much like their ancestor the elephant, and whiskers. They weigh, on average, a nice round 800 to 1,200 lbs. and span 10 feet in length. They are gentle, peaceful creatures, which likely you already know. But what might you not already know about the manatee? Here are some fun facts that might surprise you.

- As mentioned earlier, manatees are ancestors of the elephant. History shows that both species evolved from the same earth-walking mammal millions of years ago.
- Manatees approach the water's surface regularly, like really regularly. We're talking every 3 to 5 minutes regularly. Their breathing needs are much different than humans, but their mammal nature requires oxygen. Their lungs replace 90 percent of the oxygen they inhale. But they can rest under water for up to 20 minutes without coming up for air.
- They swim at a fairly slow pace, 3 to 5 miles per hour. However, they've been known to book it and reach a speed of 20 miles per hour, but only for short periods.
- Legends of mermaids have been inscribed on the pages of our history books. Travelers and explorers including the likes of Christopher Columbus have noted such. But, considering the similarity of the mermaid's flat tail to that of the manatee, its often concluded that our famed explorers actually saw manatees swimming in the ocean, not mermaids.
- Baby teeth? Forget about it. All teeth are baby teeth for the manatee. They replace teeth continuously throughout their lives. New teeth come in the back of their giant mouth caves while old teeth slowly fall away in front.



If you happen to be on the waterway and see a sign urging you to be cautious of manatees, do it. They don't move fast enough to reasonably and safely move out of the way, so it's up to you to keep our manatees safe.



FALL'S *Indian Summer*

Did you know that the period of Nov. 11 to Nov. 20 is what folks actually are referring to when they say, "Indian summer?" It's true, despite the fact that they might not know it.

Usually, such a phrase is uttered to describe an unusually warm fall. But that isn't accurate, at least not by the "Old Farmer's Almanac" standards. The saying goes like this: "If All Saints' brings out winter, St. Martin's brings out Indian summer." All Saints' Day is Nov. 1 and St. Martin's Day is Nov. 11. That saying, coined by the "Old Farmer's Almanac," is more than 200 years old. And, if we're adhering to the Almanac's criteria, there's more to an Indian summer than just unseasonably warm weather.

The series of weather patterns and the actual days these patterns occur are where the secret lies. Warm days, cool nights and no wind are must-haves when it comes to weather patterns. They are part of a high-pressure system, which causes a distinct shift in the day and night temperatures, as well as a hazy atmosphere during the day. All this must be true, sure. But the part most often overlooked is that these events have to occur on a timeline. A hard frost, but no actual snowfall must precede the unseasonably warm days. So, apply all the aforementioned criteria to the timeline of the saying, and you've got a very small window in which a whole lot of changing weather patterns must happen for an Indian summer to legitimately exist.

Next time you hear the phrase, think about that. Assess the conditions and ask yourself if it's truly an Indian summer. Or, better yet, have a conversation about it. You'd be surprised at how many people don't consider date a factor in the phrasing.



THANKFUL FOR *New Thanksgiving* OPPORTUNITIES

We're all familiar with the fourth Thursday in November. Thanksgiving traditions are passed down from generation to generation, thoughtfully and with love. This holiday isn't affiliated with any specific religion and is celebrated internationally. For countless families, it is one of the few times annually that everyone gathers from across the nation. What makes your Thanksgiving traditions special? Are there aspects of this holiday you'll have to substitute this year, given the coronavirus crisis?

If there are, here are some substitutions that might go over well with your family. They might even spark a new tradition! These suggestions are based on the safe numbers we're trying to employ these days as we attempt to deter the pandemic's spread.

- Keep it small: Instead of the grand feast your brood is accustomed to preparing, choose a selection that fits your intimate table. Choose maybe five or so items that are just the family favorites. This is both an economic and timesaving option. Plus, those favorites will put a smile on the faces of those who are able to come to dinner.
- Try something completely different: If your family is a stickler for tradition but none of the regulars are coming, flip the script. What do you want to do? Make your favorite ethnic dish? Have only sides with no main? Do it. The ball is in your court and the family doesn't have to weigh in on the decisions at your table, especially if they are absent this year.
- Host a potluck outdoors: You and a few of your closest might engage in the ever popular "Friendsgiving" concept for the first time ever. For those whose family is afar, this is definitely a much safer option and a great way to introduce some new ideas to the holiday table.
- Support a local small business: If you've never considered ordering Thanksgiving dinner before, now's a good time. Your favorite eatery could use your business these days, especially if it is a local establishment. So, it's possible you might consider ordering your Thanksgiving meal, kicking up your feet and spending some stress-free holiday time with the handful of guests at your home.

Whatever you ultimately decide to do, cherish those you are with and be thankful for the opportunity to be with them.



HOMAGE TO *Veterans*

The year 1982 doesn't seem that far off in some of our minds, but it's likely a particularly, yet unfortunate, note in the memory banks of those who have a loved one who perished in the Vietnam War. The Vietnam Veterans Memorial was dedicated that year in the month of November. That monument housed 57,939 names at its date of inception, which, no coincidence here, occurred right around Veterans Day.

Actually, there was a very spectacular series of events that week in Washington, D.C., which began on Nov. 10 and ended Nov. 14 with a service at the National Cathedral. Hundreds upon thousands gathered in D.C. for these events, and volunteers read the names of the veterans inscribed on the memorial, day in and day out, round the clock, over the course of the next few days.

The Veterans Memorial Wall is one of the most visited monuments in history, with more than 5 million visitors annually, and was designed by Maya Ying Lin, who, at the time, was a 21-year-old college student. Her design allows for a rubbing to be made of loved ones' names on the wall. That is a ritual that many partake in when they visit. Following the monument's initial creation, a few hundred more names were added, making the total list of names between 58,000 and 59,000.

Need A Laugh?

You have been staring at that carton of Orange juice for half an hour.

What's the problem?

Sssh. It says concentrate.

How is Christmas like your job?
You do all the work and the fat guy in the suit takes all the credit.

What do you call a lawyer who doesn't know the law?

Answer: A judge!