



How do we do this every year? It seems the older we get, the faster time flies!! We celebrate New Year's Day and before we can turn around it is November!!!!

Even in Florida, cooler climates are beginning to creep in and the humidity seems to lift, sparking enough energy to begin some fall cleaning projects. We begin to make plans for the upcoming holidays, primarily focusing on Thanksgiving Day. Although the merchants seem to be squeezing out that celebration by putting out their Christmas displays before Halloween is here for goodness sake!

Many people trace the origins of the modern Thanksgiving Day to the harvest celebration that the Pilgrims held in Plymouth, Massachusetts in 1621. However, the first true thanksgiving was in 1623, when they gave thanks for rain that ended a drought. These early thanksgivings took the form of a special church service, rather than a feast. Thanksgiving Day has been an annual holiday in the United States since 1863. Observed on the fourth Thursday of the month, it is a day filled with memories and traditions for every family from the Macy's Day Parade and football games, to turkey with all the trimmings, pumpkin pie and more food than we need to eat in one day!

Our family tradition is watching "Miracle on 34th Street" while preparing the meal and, at the end of the day, sitting down to relax with a cup of pumpkin spice coffee and watching "White Christmas" to usher in the holiday season.

Whatever your tradition, make sure to stop and give thanks for the love of family and friends and the goodness of the Lord. Make a "thankfulness" list the first of the month. Think of at least one thing each day for which you are thankful and write it down. You will be surprised how blessed you really are! At Arbor Oaks, we are truly thankful for the friendship of our residents and their families. May you be blessed, not only on Thanksgiving, but every day!



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 Birthdays *****			
11/06	Pearline Snipes	11/13	Gary Spruce
11/07	Kathryn Steinert	11/26	Betty Martin
11/12	Louise King	11/26	Margaret Huff
11/13	Anna Korbos		

***** Employee Birthdays *****			
11/12	Framichea Reason	11/13	Sharon Jarvis
11/14	Ashley Jarvis	11/30	Cynthia Allen

The first Sunday in November is when Daylight Saving Time ends in most areas of the U.S., so in 2020 we'll "fall back" one hour and return to Standard Time on Sunday, November 7, 2021, at 2:00 a.m. Be sure to set your clocks **back** one hour before bed on Saturday, November 6th!

How you feel about Daylight Saving Time probably depends on whether you are an early riser or a night owl. Obviously, changing the number on a clock doesn't actually add any time to our days. The point was eloquently made in this old joke:

When told the reason for daylight saving time the old Native American man said, "Only the government would believe that you could cut a foot off the top of a blanket, sew it to the bottom and have a longer blanket."

However, adding an hour of daylight onto the end of the day, after most of us have worked all day, can feel like a gift after a long winter of dark evenings.

There are arguments on both sides of this matter. I would prefer Daylight Savings Time to be observed year round so we could have more daylight after working hours. However, the up side is that it gives me one Sunday in the year to get to church early!

Arbor Oaks News!

Arbor Oaks at Lakeland Hills * 4141 Lakeland Hills Blvd. * Lakeland, FL 33805
Phone: (863) 687-0101 * FAX: (863) 687-8302



Talking Turkey About Thanksgiving!

Let's dive into some interesting facts about Thanksgiving that you might NOT know!

Colonists and Native Americans may not have had turkey at their feast.

While most of us enjoy turkey as the centerpiece of our table, no one can say for sure whether it was even on the menu back in 1621. However, the original guests did indulge in other foods like lobster, seal and swan. The Wampanoag also reportedly brought five deer to the celebration. If you also enjoy venison at your table, consider yourselves perfectly aligned with a longstanding tradition.

The woman behind "Mary Had a Little Lamb" is also responsible for Thanksgiving's recognition as a national holiday.

Writer and Editor Sarah Josepha Hale convinced President Abraham Lincoln to officially declare Thanksgiving a national holiday, after three decades of persistent lobbying. The author also founded the *American Ladies Magazine*, which promoted women's issues long before suffrage. She wrote countless articles and letters, advocating for Thanksgiving to help unify the Northern and Southern states amid gathering divisions. Hale kept at it, even after the Civil War broke out, and Lincoln actually wrote the proclamation just a week after her last letter in 1863, earning her the name the Mother of Thanksgiving.

Celebrating November

Alzheimer's Disease Month

Marine Corps Birthday
November 10

Veterans Day: U.S.
November 11

Thanksgiving: U.S.
November 26

Square Dancing Day
November 29



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World War I officially ended on June 28, 1919, with the signing of the Treaty of Versailles. The actual fighting between the Allies and Germany, however, had ended seven months earlier with the armistice, which went into effect on the eleventh hour of the eleventh day of the eleventh month in 1918. Armistice Day, As November 11 became known, officially became a holiday in the United States in 1926, and a national holiday 12 years later. On June 1, 1954, the name was changed to Veterans Day to honor all U.S. Veterans.

In 1968, the Uniform Holidays Bill was passed by Congress, which moved the celebration of Veterans Day to the fourth Monday in October. The law went into effect in 1971, but in 1975, President Gerald Ford returned Veterans Day to November 11th, due to the important historical significance of the date.

Official national ceremonies for Veterans Day center around the Tomb of the Unknowns. To honor these men, symbolic of all Americans who gave their lives in all wars, an Army honor guard, the 3d U.S. Infantry (The Old Guard), keeps day and night vigil. At 11 a.m. on November 11, a combined color guard representing all military services executes "Present Arms" at the tomb. The nation's tribute to its war dead is symbolized by the laying of a presidential wreath and the playing of "Taps".

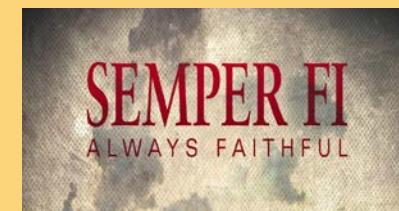
The men and women who served and protect the U.S. come from all walks of life; they are parents, children, grandparents, friends, neighbors and coworkers, and are an important part of their communities.

At Arbor Oaks, we have been blessed to have many Veterans pass through our doors. We will be honoring our Veterans with a special tribute service in the lobby on Veterans Day.



On November 10th, the Marine Corp turns 245 years old. On November 10, 1775, the Continental Congress adopted a resolution to create a Marine force composed of two battalions to serve as landing forces with the Continental Navy during the American Revolutionary War (1775-1783). Since then, the Marines have been "from the halls of Montezuma to the shores of Tripoli" and many other places as well. The United States Marine Corps is the US Armed Forces' combined-arms task force on land, at sea and in the air. It has more than 280,000 active duty personnel as well as almost 40,000 personnel in the Marine Corp Reserve.

This day is mainly celebrated by personnel, veterans or other people related to the Marine Corps. Usually, it is marked with a Marine Corps Birthday Ball with a formal dinner, birthday cake and entertainment. The first Marine Corp Ball was held in 1925.



Election Day is November 2nd. Election Day refers to the day on which general elections in the United States are held. Presidential elections are held every 4 years and the elected president will then be sworn in to take office on the following January 20th, a day known as Inauguration Day.

Election Day in the United States is always on the Tuesday after the first Monday in November. Elections held for federal offices only occur on even-numbered years.

Go out and exercise your right to vote on November 2nd! To quote Franklin D. Roosevelt:

"Nobody will ever deprive the American people of the right to vote except the American people themselves and the only way they could do this is by not voting."



The History of Square Dancing Day

Square Dancing has its roots in traditional English, Irish and Scottish folk dance. Square dances were first documented in 17th-century England. They came to North America right along with the European settlers, where they were modified and improved over the years. The Western American square dance is perhaps the most famous type of square dance worldwide; in fact, the square dance is the official dance of 19 American states.

Square dancing is mainly associated with a romanticized image of the Old West and cowboys wooing Southern belles during dances organized at saloons to celebrate various occasions. The dance is accompanied by jolly, lively music on guitars, fiddles, accordions and bagpipes.

The dances normally form patterns of lines, circles and, as the name suggests, squares, with couples taking a turn in every role. In most American forms of square dance, the dancers are prompted through the square dance choreography of the beat of the music.

Sometimes, this so-called "caller" is one of the dancers, but more commonly the "caller" is found on the stage with the band. Interest in square dancing which had waned during the World Wars, experienced a revival in New York City, in the 1950s, during the American folk music revival.

Square Dancing Day exists to celebrate the square dance form of folk dancing, and is a great way to get out and "Dosey Do". This fun, healthy and simple form of dance with a long history definitely deserves a holiday all of its own, and it has one.



Just a reminder that your Legacy Healthcare team is here for your therapy needs. Please visit our office on the 2nd floor by the elevator for any questions. Happy Holidays!



SPECIAL EVENT: Our Annual **Veterans Day salute** will be held on Thursday, November 11th at 10:00 am in the downstairs lobby. Join us to pay tribute to our resident Veterans and widows of Veterans for this very special service.

Exercise Monday through Saturday at 9:30 a.m. in the Activities Center.

Play **BINGO** daily at 1:30 p.m. in the Activity Room.

Bible Study with June Revell every Tuesday at 10:15a.m. In the Activity Room.

Arts & Crafts Group – every Monday afternoon at 3:00 pm. in the Activity Room.

Pretty Nails Manicure 2:30 pm in the Lobby. Sign up for this at the Lobby Desk.

Come out to the **Ice Cream Social** every Wednesday at 2:45 p.m. in the Ice Cream Parlor

Other personal services available:

Beauty/Barber – Tuesdays 1:00 pm to 4:00 p.m.
Wednesdays 9:00 a.m. to 4:00 p.m.

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