

Acres of Acorn Trivia

Tiny seeds that turn into mighty oak trees, acorns adorn many fall tables as a symbol of the season. When you see them scattered on the sidewalk or decorating a Thanksgiving centerpiece, tip your cap to these acorn facts:

- Though size and shape vary depending on the species of oak, acorns are generally round or oval nuts with a woody cap. When ripe, the green nuts turn brown and drop to the ground.
- An oak tree doesn't form acorns until it's about 20 years old. A tree that is 70 years old can yield thousands of acorns in one year.
- Most oak trees only produce acorns every two to three years.
- Animals that love eating acorns include squirrels, deer, mice and many types of birds, which depend on the nutrient-packed seeds for survival.
- People can eat acorns too, and they were a main source for many native tribes in North America.
- In folklore, acorns represent wealth and protection.

Thanksgiving Favorites Across the Nation

If you look at the dinner tables across the country at Thanksgiving, it's unlikely you'll find any two feasts that are exactly the same. Every family has its own food traditions, but many homes in the same region enjoy similar holiday dishes.

Ocean offerings: Historians believe a variety of shellfish was abundant at the original Thanksgiving feast, and the tradition continues today in several regions. In New England, mussels are a popular side dish, as is oyster stuffing, a favorite in the South, too. And you just may find green bean salad with octopus on a holiday table in Hawaii.

Corn of plenty: Many New England tables feature corn on the cob as a nod to the first Thanksgiving, while corn casserole or corn pudding is commonly found in the Midwest. Southern cooks often serve cornbread dressing, which is made with blue cornmeal in Southwestern states.

A berry good idea: Fruit at Thanksgiving? It has to be cranberries. While jellied cranberry sauce from a can remains popular throughout the country, homemade versions take on distinguishing characteristics: Pure cranberry sauce is a staple in Western states, the Northeast is home to cranberry relish with citrus peel, and cranberry salad can be found in the South and Midwest.

Praiseworthy pies: Leave plenty of room on your plate for pie—nearly every region has its own specialty. Pumpkin pie is popular in most states, but in the South, sweet potato pie is king. Southerners also love their pecan pie, which is a favorite in the Midwest, too. Apple pie and Concord grape pie are enjoyed in the Northeast, and a Michigan dessert table isn't complete without cherry pie.



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NOVEMBER 2020

Gobbling Up Turkey for Thanksgiving

Chances are, on Thanksgiving Day, turkey will be on the menu for the holiday meal. How did this bird become the symbol for the day?

The Pilgrims of the Plymouth colony and local Wampanoag Indians marked the first Thanksgiving in 1621. Although written accounts of the food offered mention wild fowl, and turkeys were plentiful in the area, they likely weren't the focus of the spread then.

However, the Pilgrims' tradition of giving thanks for harvests became common, and in 1863, President Abraham Lincoln made Thanksgiving a national holiday. Magazine editor Sarah Josepha Hale had lobbied for such a day, and she wrote about New Englanders serving roast turkey for the festivities. Others then adopted the menu.

Historians point to the fact that turkey is native to North America and widely available across the U.S. The pick is also practical because a turkey can feed a large gathering of people. At the same time, turkey as a main dish on holidays and special occasions was reflected in popular books throughout the 19th century.

All this helped reinforce the turkey's image as a symbol of Thanksgiving, a celebration now nicknamed Turkey Day.

An Attitude of Gratitude

A thankful heart is a happy heart—it may sound cliché, but science says it's true. Making gratitude a regular habit boosts positive emotions and helps you be more resilient when dealing with life's challenges. These exercises in gratitude can lead to a happier you.

Keep a journal — A dedicated journal, in which you write down a few things you are thankful for each day, is a simple and effective tool for cultivating gratitude. Rereading past entries can offer a healthy perspective when you need an emotional boost.

Create a collage — Put together a collage of photos of friends and family members, as well as other items that bring you joy, such as a meaningful postcard or a wise saying from a fortune cookie. Place it where you'll see it every day as a visual reminder of the good things in your life.

Say "thank you" — Express your thanks when interacting with food servers, store clerks, medical staff and customer service employees. Send personal thank-you notes to people who've left lasting impressions.

Give back — Donating your time, skills and money to those in need gives you the chance to reflect on things you may take for granted. Helping others also increases your sense of purpose and overall well-being.

INDEPENDENT LIVING

NOVEMBER 2020

Locations

Activities Room, AR
Courtyard, CY
Craft Room, CR
Dining Room, DR
Game Room, GR
Windsor Room, WR

Birthdays

Karen Cabell, 6th
Jane Ozmer, 8th
Gwendolyn Ricks, 23rd
Patricia Dixon, 27th

Country Store

Tuesday, Thursday & Sunday
11 a.m.-Noon

“Thanksgiving just gets me all warm and tingly and all kinds of wonderful inside.”

—Willard Scott

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>DAYLIGHT SAVING TIME ENDS 1</p> <p>9:30 Individual Art Work 1:30 Snack Cart 3:00 Sunday Football, AR</p>	<p>2</p> <p>9:30 Grocery Orders w/Amy 10:00 Country Store 11:00 Wii Game “Wheel of Fortune” (Sign Up), WR 1:30 Popcorn & a Movie, AR 3:30 Movie Review Chat, AR 4:00 MSNBC News Hour, AR</p>	<p>ELECTION DAY 3</p> <p>9:30 Morning Walk, CY 10:00 Coffee Shop & Fresh Pastries 11:00 Country Store 1:30 Bingo (Sign Up), AR 3:30 Exercise 3rd Floor, AR 4:00 “Classical Music Hour,” AR</p>	<p>4</p> <p>9:30 Grocery Orders 10:00 Fresh Fruit Basket 10:30 Exercise w/Legacy 1:30 Bingo (Sign Up), AR 3:00 Axe Throwing Game, AR</p>	<p>5</p> <p>10:00 Craft Time “Thanksgiving Cards,” AR 11:00 Country Store 1:30 Bingo (Sign Up), AR 3:30 Exercise 1st Floor, AR 4:00 “Easy Listening Music Hour”</p>	<p>6</p> <p>9:30 Grocery Orders 10:00 Morning Walk in the Courtyard, CY 11:00 Tea Party!, AR 1:30 Happy Hour: 1st Floor, AR 2:15 Happy Hour: 2nd Floor, AR 3:00 Happy Hour: 3rd Floor, AR 4:00 News Watch “MSNBC,” AR</p>	<p>7</p> <p>10:00 Temperatures 1:30 Shire Hallway Juice Cart, AR 3:00 Individual Word Search, AR</p>	
<p>8</p> <p>9:30 Individual Art Work 1:30 Snack Cart 3:00 Sunday Football, AR</p>	<p>9</p> <p>9:30 Grocery Orders w/Amy 10:00 Country Store 11:00 Trivia Game, AR 1:30 Popcorn & a Movie, AR 3:30 Movie Review Chat, AR 4:00 MSNBC News Hour, AR</p>	<p>10</p> <p>9:30 Morning Walk, CY 10:00 Coffee Shop & Fresh Pastries 11:00 Country Store 1:30 Bingo (Sign Up), AR 3:30 Exercise 2nd Floor, AR 4:00 “Classical Music Hour,” AR</p>	<p>VETERANS DAY 11</p> <p>9:30 Grocery Orders 10:00 Fresh Fruit Basket 10:30 Exercise w/Legacy 11:00 Veterans Day Recognition 1:30 Bingo (Sign Up), AR 3:00 Game “Five Second Rule,” AR</p>	<p>12</p> <p>10:00 Craft Time “Turkey Painting on Canvas,” AR 11:00 Country Store 1:30 Bingo (Sign Up), AR 3:30 Exercise 3rd Floor 4:00 “Easy Listening Music Hour”</p>	<p>13</p> <p>9:30 Grocery Orders 10:00 Morning Walk in the Courtyard, CY 11:00 Game Time “Wheel of Fortune” 1:30 Happy Hour: 1st Floor, AR 2:15 Happy Hour: 2nd Floor, AR 3:00 Happy Hour: 3rd Floor, AR 4:00 News Watch “MSNBC,” AR</p>	<p>14</p> <p>10:00 Temperatures 1:30 Shire Hallway Juice Cart, AR 3:00 Individual Word Search, AR</p>	
<p>15</p> <p>9:30 Individual Art Work 1:30 Snack Cart 3:00 Sunday Football, AR</p>	<p>16</p> <p>9:30 Grocery Orders w/Amy 10:00 Country Store 11:00 Wii Game “Jeopardy” (Sign Up), AR 1:30 Popcorn & a Movie, AR 3:30 Movie Review Chat, AR 4:00 MSNBC News Hour, AR</p>	<p>17</p> <p>9:30 Morning Walk, CY 10:00 Coffee Shop & Fresh Pastries 11:00 Country Store 1:30 Bingo (Sign Up), AR 3:30 Exercise 1st Floor, AR 4:00 “Classical Music Hour,” AR</p>	<p>18</p> <p>9:30 Grocery Orders 10:00 Fresh Fruit Basket 10:30 Exercise w/Legacy 1:30 Bingo (Sign Up), AR 3:00 Wine Tasting, AR 3:30 Poetry Reading, AR</p>	<p>19</p> <p>10:00 Craft Time “Crepe Paper Sunflowers,” AR 11:00 Country Store 1:30 Bingo (Sign Up), AR 3:30 Exercise 2nd Floor, CY 4:00 “Easy Listening Music Hour”</p>	<p>20</p> <p>9:30 Grocery Orders 10:00 Morning Walk in the Courtyard, CY 11:00 Game Time “Jeopardy” 1:30 Happy Hour: 1st Floor, AR 2:15 Happy Hour: 2nd Floor, AR 3:00 Happy Hour: 3rd Floor, AR 4:00 News Watch “MSNBC,” AR</p>	<p>21</p> <p>10:00 Temperatures 1:30 Shire Hallway Juice Cart, AR 3:00 Individual Word Search, AR</p>	
<p>22</p> <p>9:30 Individual Art Work 1:30 Snack Cart 3:00 Sunday Football, AR</p>	<p>23</p> <p>9:30 Grocery Orders w/Amy 10:00 Country Store 11:00 Trivia Game, AR 1:30 Popcorn & a Movie, AR 3:30 Movie Review Chat, AR 4:00 MSNBC News Hour, AR</p>	<p>24</p> <p>9:30 Morning Walk, CY 10:00 Coffee Shop & Fresh Pastries 11:00 Country Store 1:30 Bingo (Sign Up), AR 3:30 Exercise 3rd Floor 4:00 “Classical Music Hour,” AR</p>	<p>25</p> <p>National Parfait Day! 9:30 Grocery Orders 10:30 Exercise w/Legacy 11:00 “Thankful” Chat, AR 12:30 Dessert Parfait Cups 1:30 Bingo (Sign Up), AR 3:00 Book Club, AR</p>	<p>THANKSGIVING 26</p> <p>Thanksgiving 10:00 Macy’s Thanksgiving Day Parade, AR 11:00 Holiday Word Searches 1:30 Holiday Theme Movie, AR 4:00 “Easy Listening Music Hour”</p>	<p>27</p> <p>9:30 Grocery Orders 10:00 Morning Walk in the Courtyard, CY 11:00 Yo Yo Contest!, AR 1:30 Happy Hour: 1st Floor, AR 2:15 Happy Hour: 2nd Floor, AR 3:00 Happy Hour: 3rd Floor, AR 4:00 News Watch “MSNBC,” AR</p>	<p>28</p> <p>10:00 Temperatures 1:30 Shire Hallway Juice Cart, AR 3:00 Individual Word Search, AR</p>	
<p>29</p> <p>9:30 Individual Art Work 1:30 Snack Cart 3:00 Sunday Football, AR</p>	<p>30</p> <p>9:30 Grocery Orders w/Amy 10:00 Country Store 11:00 Game “Finish Lines,” AR 1:30 Popcorn & a Movie, AR 3:30 Movie Review Chat, AR 4:00 MSNBC News Hour, AR</p>						