

## 'street' Smarts

The following list of fun facts is brought to you by the number 49. That's the number of years the beloved children's TV show "Sesame Street" has been on the air, since its Nov. 10, 1969, debut.

- The name "Sesame Street" was inspired by a tale from "The Arabian Nights" that features the phrase "Open, Sesame!"
- Big Bird lives up to his name — he is 8 feet, 2 inches tall.
- The show's first celebrity guest was James Earl Jones, who recited the alphabet. Since then, hundreds of stars have made appearances on the series.
- During the first season, Oscar the Grouch was orange, not green. The grumpy Muppet explained that a vacation to Swamp Mushy Muddy changed the color of his fur.
- In 1970, Ernie's bathtub ditty "Rubber Duckie" made it to No. 16 on the Billboard music chart.
- Furry red monster Elmo, who is eternally 3 years old, is the only nonhuman to testify before Congress. In 2002, he lobbied an education subcommittee to increase funding for music programs.
- The series has won more than 150 Emmy Awards.
- The American version of "Sesame Street" airs all over the world, and several countries produce their own series, including "Sésamo," which airs in Latin American nations, and "Galli Galli Sim Sim," seen in India.

## The Benefits of Giving Back

Volunteering comes in many forms, but the purpose is the same: to help others. Research shows that volunteers themselves also benefit from their good deeds.

**Boosts happiness** — Doing a kind act for someone else often makes us feel good. Studies indicate that volunteering prompts the brain to release chemicals that can reduce stress, anxiety and depression.

**Improves physical health** — From packing boxes of canned food to knitting a baby blanket, service often involves movement and mental tasks, helping your body and brain stay active. Volunteering is linked to a reduced risk of high blood pressure and heart disease, and can ease symptoms of chronic pain.

**Builds relationships** — Volunteering is a great way to meet people and build social skills. By working together, volunteers share a common interest, which can lead to new friendships and help strengthen existing ones. Personal connections are vital to both physical and mental health.

**Enriches life** — Research shows that people who volunteer regularly tend to live longer. Additionally, many volunteers say they enjoy their lives more and have an enriched sense of purpose, higher self-esteem and enhanced well-being.



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## Lifestyle



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## A Thanksgiving Tradition

The Macy's Thanksgiving Day Parade in New York City has been a holiday tradition since 1924. Line up for some facts about the annual spectacle:

- Along with floats, brass bands and entertainers, the early parades included animals from the Central Park Zoo.
- Giant helium balloons replaced the live animals in 1927. Felix the Cat, a dinosaur and a dog were among the first characters.
- In the early years, balloons were simply released into the air after the parade instead of being deflated. Macy's offered rewards to those who found a balloon and returned it to the store.
- The parade was halted for three years during World War II, and Macy's donated 650 pounds of balloon rubber to the war effort.
- Macy's is the second-largest consumer of helium in the world, after the U.S. government.
- Each balloon takes about 90 minutes to inflate, and about 90 handlers are needed to control its guide ropes during the parade.
- Directing each balloon's handlers is a "pilot," who must walk backward during the entire 2.5-mile route.
- There are more than 8,000 parade participants, including Macy's employees, marching bands, celebrity singers, Broadway performers and the Radio City Rockettes.
- Around 3.5 million people line the city streets to watch the parade, and about 50 million watch on TV.

## Winter Weather Folklore

Meteorologists use the latest technology to forecast the weather, but some people look to signs in nature to predict the upcoming season. Cozy up to some winter weather folklore and see how many you've heard.

**Woolly worms** — The bodies of these fuzzy caterpillars have black bands at both ends and an orange band in the middle. According to legend, if the orange band is wide, it means the winter will be mild; a narrow band indicates it will be harsh.

**Squirrels** — If squirrels are seen frantically gathering nuts earlier than usual, it's believed they are preparing for severe winter weather.



Thick, bushy tails on squirrels may also forecast a cold season ahead.

**Acorns** — An abundance of acorns dropping from trees, as well as extra-thick acorn shells, are said to be signs of frigid temperatures to come.

**Birds** — Many bird species migrate to warmer climates for the winter, but if they are observed flying south before November, they may be trying to escape an early, cold winter.

**Persimmon seeds** — Cut open this fruit, and if the seed inside is shaped like a spoon, it represents a shovel for heavy, wet snow. A fork shape indicates a mild season with light, powdery snow, and a knife shape means cutting winds are on the way.





NOVEMBER 2018

Locations

- Activities Room, AR
- Activities Room Hallway, AH
- Court Yard, CY
- Dining Room, DR
- Game Room, GR
- Independent Living Activities Room, IA
- Independent Living Dining Room, IL
- Outing, O
- Patio, P
- Windsor Room, WR

Birthdays

Jean Larsen, 5th

Transportation Schedule

- Thursday, 11:10 a.m.
- Lunch Outings
- Thursday, 2 p.m.
- Trip: Scenic Ride
- Sunday, 2 p.m.
- Trip: Scenic Ride

“In life, as in football,  
you won’t go far unless  
you know where the  
goal posts are.”

—Arnold H. Glasow

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
DAYLIGHT SAVING TIME ENDS 4	5	ELECTION DAY 6	7	8	2	3
9:00 Sunday School, IA <b>9:30 Bible Scripture Reading, AR</b> 10:30 Gospel Sounds, AR 2:00 Sunday Scenic Ride, O 6:45 Individual Art for the Heart, AR	10:00 Fitness & Moves, AR 11:00 November Word Games, AR 2:00 Bingo w/Prizes 3:30 Tables and Puzzles, AR 6:45 Card Games, AR	9:30 Outside w/ Nature, CY 11:00 Fall Trivia Plus More..., AR 1:30 Nail Care (Satin Hands), AR <b>2:00 Music w/Vinnie Knight, IL</b> 3:00 Puzzle Hour, AR	<b>10:00 Health Talk/W Legacy, AR</b> 10:30 Fitness & Fun, AR 11:00 Words Games (Hangman) 2:00 Bingo Bucks, AR 3:15 Art Expression Fall, AR	10:00 November Reminiscing, CY 10:30 Name Ten, AR 11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O 3:30 Thanksgiving Movie, AR 3:30 Music and Singing, AR	10:00 Jazzy Exercise, AR 10:30 Book Club & Chat w/Doughnuts, AR 2:00 Bingo w/Prizes <b>3:30 TGIF Social</b> 6:00 Puzzles/Board Games, AR	10:00 Coupons Picking, AR <b>11:00 Individual Adult Coloring</b> 2:00 At the Movies w/ Snacks, AR 3:00 Table Games Checkers/Board Game, AR
VETERANS DAY 11	12	13	14	15	16	17
9:00 Sunday School, IA <b>9:30 Bible Scripture Reading, AR</b> 10:30 Gospel Sounds, AR 2:00 Trip: Scenic Bus Ride, O 6:45 Individual Art for the Heart, AR	10:00 Fitness & Moves, AR <b>10:30 Veterans Day Salute, AR</b> 11:00 November Word Games, AR 2:00 Bingo & Chocolate, AR 6:45 Card Games, AR	10:00 Lemonade and Reminiscing, AR <b>10:30 National Wildlife (Talking &amp; Video)</b> 11:00 Fall Trivia Plus More..., AR 1:30 Nail Care (Satin Hands), AR 3:30 Art Expression Fall leaves, AR	10:00 Chair Exercise, AR 11:00 Thanksgiving Trivia, AR 2:00 Bingo Bucks, AR 3:15 Cookies and Juice, AR	10:00 Name Ten 10:30 Nature Video, AR 11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O <b>6:00 BeWitching Soiree, IA</b>	10:00 Jazzy Exercise, AR 10:30 Book Club & Chat w/Doughnuts, AR <b>11:00 Guinness World Record Day, AR</b> 2:00 Bingo w/Prizes <b>3:30 TGIF Social</b> 6:00 Puzzles/Board Games, AR	10:00 Coupons Picking, AR <b>11:00 Individual Adult Coloring</b> 2:00 At the Movies w/ Snacks, AR 3:00 Table Games Checkers/Board Game, AR
18	19	20	21	22	23	24
9:00 Sunday School, IA <b>9:30 Bible Scripture Reading, AR</b> 10:30 Gospel Sounds, AR 2:00 Sunday Scenic Ride, O 6:45 Individual Art for the Heart, AR	10:00 Fitness & Moves, AR 10:30 Spiritual Reading, AR 11:00 November Word Games, AR 2:00 Bingo & Chocolate, AR 6:45 Card Games, AR	9:30 Outside w/ Nature, CY <b>10:30 Apple Cider Drinks, AR</b> 11:00 Fall Trivia Plus More..., AR 1:30 Nail Care (Satin Hands), AR <b>3:00 Thanksgiving Movies, AR</b>	<b>10:00 Exercise w/ Legacy, AR</b> <b>11:00 World TV Day (Carol Burnett), AR</b> 2:00 Bingo Bucks, AR <b>3:00 Holiday Cinnamon Cookies, AR</b>	THANKSGIVING DAY <b>10:00 Macy's Thanksgiving Parade, AR</b> 10:30 Coffee & Danish, AR <b>12:30 Thanksgiving Football Game (Men Social), AR</b> 2:00 Thanksgiving Movie, AR 3:30 Thanksgiving Movie, AR	10:00 Jazzy Exercise, AR 10:30 Book Club & Chat w/Doughnuts, AR 11:00 Pictionary, AR 2:00 Bingo w/Prizes, AR 3:30 Hot Cocoa, AR 6:00 Puzzles/Board Games, AR	10:00 Coupons Picking, AR <b>11:00 Individual Adult Coloring</b> 2:00 At the Movies w/ Snacks, AR 3:00 Table Games Checkers/Board Game, AR
25	26	27	28	29	30	
9:00 Sunday School, IA <b>9:30 Bible Scripture Reading, AR</b> 10:30 Gospel Sounds, AR 2:00 Sunday Scenic Ride, O 6:45 Individual Art for the Heart, AR	10:00 Fitness & Moves, AR 10:30 Spiritual Reading, AR 11:00 November Word Games, AR 2:00 Bingo & Chocolate, AR 6:45 Card Games, AR	11:00 Fall Trivia Plus More..., AR 1:30 Nail Care (Satin Hands), AR <b>2:00 Resident Council Meeting, AR</b> 3:30 Hot Chocolate Social, AR <b>7:00 North Hampton Church of Christ, DR</b>	10:00 Fitness & Fun, AR 10:30 Tea Time and Coffee, AR 2:00 Bingo Bucks, AR 3:15 Cookies and Juice, AR	10:00 Outside w/ Nature, AR 10:30 News and Views, AR 11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O 3:30 Thanksgiving Movie, AR 3:30 Music and Singalong, AR	10:00 Jazzy Exercise, AR 10:30 Book Club & Chat w/Doughnuts, AR 2:00 Bingo w/Prizes, AR 3:30 Game Week (Password), AR 6:00 Puzzles/Board Games, AR	