

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.

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NOVEMBER 2018

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.

The Cranberry Crop

Turkey, dressing and potatoes are the stars of a traditional Thanksgiving dinner, but a tart red berry deserves attention for its supporting role.

Cranberries grew wild in North America, and early Native Americans used them for food, medicine and as a garment dye. The Pilgrims called the fruit a "cranberry" because the plant's blossoms resemble the head and bill of a crane. Over time, the name evolved into cranberry.

TV commercials and pictures often show cranberries floating in flooded fields, leading many to believe they are grown in water. The berries actually grow on low, trailing vines in sandy bogs or marshes. During harvest season from September to November, the bogs are flooded and machines knock the berries off the vines. Because cranberries have air pockets, they float in the water, making them easier to collect.

About 90 percent of the U.S. cranberry crop is harvested wet. These berries become products such as juices, sauces and dried cranberries. The rest of the crop is harvested dry by using mechanical pickers and is sold as fresh fruit.

In the U.S., northern latitudes provide the best growing conditions for cranberries. Wisconsin, Massachusetts, New Jersey, Oregon and Washington produce most of the crop.



NOVEMBER 2018

Locations

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

Birthdays

Claudine Rose, 19th
Gwendolyn Ricks, 23rd

Transportation Schedule

Monday, 9:30 a.m.
Bank Runs

Tuesday & Wednesday
8:30-11 a.m. (Hampton Only)
Dr. Runs

Tuesday & Wednesday
1-3 p.m. (Newport News Only)
Dr. Runs

Thursday, 11:10 a.m.
Lunch Outings

Thursday, 2-4 p.m.
Scenic Ride

Friday, 9:45 a.m.
Shopping and Other Outings

Saturday, 10 a.m.
Various Shopping Destinations

Sunday, 9 a.m.-1 p.m.
Church Runs

Sunday, 2-4 p.m.
Scenic Ride

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

—Arnold H. Glasow

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
DAYLIGHT SAVING TIME ENDS 4	5	ELECTION DAY 6	7	8	9	10
9:00 Church Runs 9:15 Sunday School, AR 3:00 Cinema Sunday, AR 6:30 Bible Study Life Group, WR	9:30 Bank Runs 10:30 Exercise Class, AR 1:30 Horse Racing Game, AR 3:30 Billiards, GR	9:00 Medical Runs 9:10 Swimmers at Sentara 9:10 Voting Center 10:00 Coffee Hour, AR 2:00 Entertainment: Vinnie Knight, DR 3:30 Bingo, AR	9:00 Medical Runs 10:30 Exercise Class, AR 1:30 Nail Care, AR 2:30 Balloon Volleyball, AR 4:00 World News Update, AR	9:10 Swimming at Sentara 10:15 Bookmobile, AR 3:30 Jackpot Bingo, AR	10:00 Shopping: Act II Consignment 10:30 Exercise Class, AR 1:00 Shopping: Walmart 2:00 5 Second Rule Game, AR 3:30 Happy Hour, AR	10:00 Shopping: J.C. Penney's 1:00 Puzzles and Table Games, AR 2:00 Scenic Drive 3:00 Cinema Saturday, AR
VETERANS DAY 11	12	13	14	15	16	17
9:00 Church Runs 9:15 Sunday School, AR 2:00 Resident-Led Activities 3:00 Cinema Sunday, AR 6:30 Bible Study Life Group, WR	9:30 Bank Runs 10:30 Exercise Class, AR 1:30 Cross Word Puzzle, AR 3:30 Billiards, GR 6:00 Wine and Create a Painting, AR	9:00 Medical Runs 9:10 Swimmers at Sentara 1:00 Bingo, AR 2:30 Christmas Ornaments, AR 4:00 News Update, AR	9:00 Medical Runs 10:30 Exercise Class, AR 1:30 Trivia, AR 3:00 Yahtzee Game, AR 4:00 World News, AR	9:10 Swimming at Sentara 10:15 Bookmobile, AR 11:15 Lunch Outing 3:30 Jackpot Bingo, AR	10:00 Shopping: Ollie's 10:30 Exercise Class, AR 1:00 Shopping: Goodwill 1:30 Jewelry Making, AR 3:30 Happy Hour, AR	10:00 Shopping: Food Lion 12:30 IL Thanksgiving Dinner, DR 1:30 Resident-Led Table Games, AR 2:00 Scenic Drive
18	19	20	21	THANKSGIVING DAY 22	23	24
9:00 Church Runs 9:15 Sunday School, AR 3:00 Cinema Sunday, AR 6:30 Bible Study Life Group, WR	9:30 Bank Runs 10:00 Trinity Lutheran Children's Group, DR 11:00 Exercise Class, AR 1:30 Horse Racing Game, AR 2:30 Fruit Snack and Chat, AR 3:30 Billiards, GR 6:00 Bingo w/North Hampton Women's Group, AR	9:00 Medical Runs 9:10 Swimmers at Sentara 10:00 Holiday Bazaar, DR 3:00 Bingo, AR 4:00 News Update, AR	9:00 Medical Runs 10:30 Exercise Class, AR 1:30 Nail Care, AR 2:45 Balloon Volleyball, AR 4:00 World News, AR	10:30 Jackpot Bingo, AR 1:00 Cinema Thursday, AR 3:00 Adult Coloring, AR	10:00 Shopping: Kroger 10:30 Exercise Class, AR 1:00 Shopping: Burlington Factory 3:30 Happy Hour, AR	10:00 CHKD Consignment 10:30 Puzzles and Table Games, AR 1:30 Shopping: Target 2:00 Canasta 3:00 Cinema Saturday, AR
25	26	27	28	29	30	
9:00 Church Runs 9:15 Sunday School, AR 2:00 Scenic Ride 3:00 Cinema Sunday, AR 6:30 Bible Study Life Group, WR	9:30 Bank Runs 10:30 Exercise Class, AR 1:30 Cross Word Puzzle, AR 3:30 Billiards, GR 6:15 Wine and Create a Painting, AR	9:00 Medical Runs 9:10 Swimmers at Sentara 10:00 Coffee Hour, AR 1:00 Bingo, AR 2:45 Arts and Crafts, AR	9:00 Medical Runs 10:30 Exercise Class, AR 1:30 Christmas Card Making, AR 3:00 Uno Card Game and Hot Chocolate, AR 4:00 World News	9:10 Swimming at Sentara 3:30 Jackpot Bingo, AR	10:00 Shopping: Walmart 10:30 Exercise Class, AR 2:00 Birthday Party: Entertainment by Demi, DR 3:30 Happy Hour, AR	