



Westminster Village Kentuckiana

Thank You, Veterans

There are more than 20 million veterans in America. Honor those who have served on Veterans Day, Nov. 11.

Stay Healthy This Season

During cold and flu season, bolster your immunity by practicing the basics of good health: Wash your hands often, eat a nutritious diet, exercise regularly and get plenty of rest.

Remember When: Elevator Operators

Nowadays, taking an elevator requires just the push of a button, but before automation, it was the job of elevator operators to help riders get to their desired floor. Along with offering a friendly face and providing helpful service, several technical skills were needed for the post. Attendants had to manually open and close the doors, control the elevator's speed and direction, and safely stop the car in alignment with the floor.

'Sesame Street' Turns 50

On Nov. 10, 1969, a groundbreaking children's TV series starring both people and puppets debuted on public television. Today, "Sesame Street" has an audience of 150 million kids worldwide and remains a beloved childhood memory for many adults.

Thanksgiving Bells

The song "Jingle Bells" probably brings to mind snowy wintertime fun, but the original 1857 tune was actually written to be sung on Thanksgiving.

November 2019



Berry Popular

Cranberries have been a tradition at the Thanksgiving table since the first feast in 1621. Native Americans taught early colonists that these wild fruits were a valuable food and a healing remedy, using them to treat wounds. These days, about 80 million pounds of the berries will be consumed during the holiday week alone.

Make Time for Quiet Time

This time of year is known for holiday hustle and bustle, but seeking out some quiet time should be on your to-do list. There's evidence that sustained silence may stimulate the creation of new brain cells in the region of the brain responsible for learning and memory, according to a study. Tuning out external noise also allows you to tune in to inner thoughts, memories and emotions.

Take Good Care

"Every one of us needs to show how much we care for each other and, in the process, care for ourselves."
—Princess Diana

Happy Birthday

11/3 Pauline Spitznagel
 11/5 Minnie Ice
 11/5 Lora Eden
 11/6 Barbara Vogan
 11/6 Edna Beets
 11/6 Catherine Gofort
 11/9 Illa White
 11/12 Jean Churchman
 11/13 Helen Bube
 11/16 Algene Busse
 11/22 Laurene Riggs
 11/23 Florence Hash
 11/29 Bernice Slaughter

Please Pass the Pudding

You'll probably have pie on Thanksgiving, but the rest of the month is dedicated to a different dessert. Banana Pudding Lovers Month in November celebrates the cool, creamy concoction of vanilla custard, sliced bananas, sponge cake and whipped topping or meringue. The recipe became popular after the Civil War as steamships began bringing more bananas to the U.S., and in the 1920s, store-bought vanilla wafers emerged as a convenient substitute for the dessert's cake layer.

Positive Thought

"There's no person in the whole world like you, and I like you just the way you are." —Fred Rogers



Sunday	Monday	Tuesday
November		
3 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 6:30p Sunday @ The Movies MRLL	4 9a Coffee Social AL 10a Wellness Exercise AL 10a Catholic Mass HC 10:30a Games AL 11a Library Outing 2p Harmonics SC 3:15p Exercise SC 6:30p Forest Ridge Band SC	5 9a Coffee Social AL 10a Exercise AL 10:30 Games AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 2p Voting at Town Hall Outing 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL
10 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 6:30p Sunday @ The Movies MRLL	Veterans Day 11 9a Coffee Social AL 10a Wellness Exercise AL 10:30a Games AL 11a Veterans Only Mission Barbeque Outing 1p Veterans' Council SC 2p Veterans' Salute Celebration SC 3:15p Exercise SC 6:30p Music W/Al Hilbert SC	12 9a Coffee Social AL 10a Exercise AL 10:30 Games AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL
17 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 6:30p Sunday @ The Movies MRLL	18 9a Coffee Social AL 10a Wellness Exercise AL 10:30a Welcome Wagon AL 10:30 Cracker Barrel Outing 1p Resident Council SC 2p Movie Matinee AL 3p Exercise SC 6:30p Music W/Tari Martin SC 7p Crit Club "Art" MRLL	19 9a Coffee Social AL 10a Exercise AL 10:30 Games AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL
24 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 6:30p Sunday @ The Movies MRLL 6:30p Angel Wings Children's Choir SC	25 9a Coffee Social AL 10a Wellness Exercise AL 10:30a Games AL 1p \$1 Bingo MRLL 2:30 AL Resident Council AL 3p Exercise SC 6:30p Music W/Freddie George SC	26 9a Coffee Social AL 9a 3rd Grade Pen Pals SC 10a Exercise AL 10:30 Games AL 12a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL

Wednesday	Thursday	Friday	Saturday
		1 9a Coffee Social AL 10a OLPH Service RR 10a Exercise AL 2p Joyous Singers in Their Finest Attire SC 3:15p Wellness Exercise SC 6:30p Music W/Rick McDonald SC	2 Daylight Saving Time Ends Set Your Clocks Back Before You Go to Bed Tonight 2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30p Music W/John King SC
6 9a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 2p Bunco SC 3p Rosary RR 3p Wine & Cheese SC 6:30p Music W/Lonnie Bryant SC	7 9a Coffee Social AL 10a Exercise AL 10:30a Red Cross Dog Visit 10:30a Games AL 1p North Wing FI Mtg 2nd FLTL 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL	8 9a Coffee Social AL 10a Exercise AL 11a New Resident Coffee SC 1p Game Day SC 2p Ice Cream Social SC 6:30p Music W/Rick McDonald SC	9 2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL
13 9a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 2p Bunco SC 3p Rosary RR 3p Exercise SC 6:30p Music W/Sue Loy SC	14 9a Coffee Social AL 10a Exercise AL 10a Crafts Make a Wreath Cost \$10.00 MRLL 1p Bldg & Grnds Mtg MRLL 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL	15 9a Coffee Social AL 10a Exercise AL 10a Complete Your Wreath MRLL 10:30 Music W/Sue Loy AL 2p Nov. B-day Party SC 6:30p Music W/Charlie Hornung SC	16 2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL
20 9a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 1p Brain Study MRLL 2p Bunco SC 3p Rosary RR 3p Exercise SC 6:30p Music W/Ron McCubbins SC	21 9a Coffee Social AL 10a Exercise AL 10:30a Red Cross Dog Visit 1p Dietary Mtg MRLL 2p Bingo AL 2p Fundraising Comm. Mtg RR 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL	22 9a -2p Christmas Bazaar SC	23 2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL
27 9a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 2p Bunco SC 3p Rosary RR 3p Exercise SC 6:30p Music W/Mellow Sounds SC	28 Happy Thanksgiving Enjoy Your Thanksgiving Holiday With Family And Friends! Offices Closed and No Transportation	29 6:30p Music W/Country Sounds SC	30 2:30p South Dixie Community Choir SC 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL



Classic Cruisers

From hot rods to family vehicles, cars have had supporting roles on many TV shows. Get revved up for this list of memorable on-screen automobiles.

Automobile

1921 Oldsmobile Roadster
1955 Lincoln Futura
1965 Chrysler Imperial Crown
1969 Dodge Charger
1975 Ford Gran Torino
1982 Pontiac Trans Am
1983 GMC Vandura
2003 Cadillac Escalade

TV Series

"The Beverly Hillbillies"
"Batman"
"The Green Hornet"
"The Dukes of Hazzard"
"Starsky and Hutch"
"Knight Rider"
"The A-Team"
"The Sopranos"

"This Month In History" NOVEMBER

1924: Establishing an annual tradition, New York City's Macy's department store puts on its first Thanksgiving Day parade.

1936: The first issue of Life magazine is published.

1942: Coffee is added to the list of items rationed in the U.S. due to World War II.

1963: Push-button telephones debut as an alternative to rotary-dial models.

1971: A new U.S. dollar coin, depicting

President Dwight D. Eisenhower on the front, is put into circulation.

1981: Paul "Bear" Bryant, football coach of the University of Alabama, wins the 315th game of his career. It set the record for most wins of any NCAA head coach at the time.

1995: "Toy Story," the first feature film created by Disney's Pixar Animation Studios, premieres to rave reviews.

2003: At age 21, Britney Spears becomes the youngest female singer to get a star on the Hollywood Walk of Fame.

2014: The 104-story skyscraper One World Trade Center officially opens for business, 13 years after the site's original twin towers were destroyed on 9/11.