FF-795 - Silver Spur Village - Issue: 11/01/17
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Silver Spur Village

AN AGE QUALIFIED COMMUNITY

9333 E University Dr • Mesa, AZ 85207 • (480) 986-0904
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November 2017

Salute to Veterans

"Veterans Day gives all Americans a special opportunity to pay tribute to all those men and women who, throughout our history, have left their homes and loved ones to serve their country," declared President Ronald Reagan in 1986. Salute the country's 20 million veterans on Nov. 11.

Pneumonia Prevention

In addition to getting the pneumonia vaccine, there are other ways to help prevent the infection: Wash your hands with soap and water often, eat a healthy diet, get plenty of sleep and exercise regularly.

Brainteaser

Question: Soldiers line up, spaced with pride. Two long rows, side by side. One sole unit can decide if the rows will unite or divide. What am I?

Answer: A zipper.

100 Years of Hockey

The National Hockey League officially turns 100 years old on Nov. 26. Centennial celebration events began in January and have continued throughout the year. To cap it off, on Dec. 16, the Ottawa Senators will host the Montreal Canadiens in a special outdoor game, a rematch that commemorates the NHL's opening night on Dec. 19, 1917.

Remember When: Parlors

If you or a family member grew up in a house built in the 1800s, it may have had a parlor, a room that was used to receive visitors. The family's best furniture and décor were usually displayed in the space, giving it an air of formality. Parlors served as a place to visit with guests and hold special receptions. In time, the more casual living room became the social hub of the home.

Taste of Tradition

"Hurrah for the pumpkin pie!" The season's traditional dessert received that tribute in Lydia Maria Child's 1844 poem "Over the River and Through the Wood." While Thanksgiving has been a celebration of gratitude since the first feast nearly 400 years ago at Plymouth Colony, pumpkin pie didn't become part of the holiday menu until the 1800s.

Gather Together

"It's not so much what's on the table that matters, as what's on the chairs." —W.S. Gilbert

Silver Spur Village Staff

Community Manager
John Gallaway
Admin Assistant
Lanette Crowley
Maintenance
German Dominguez
Housekeeping, System 4
Courtesy Patrol, Blue Coast Protection

Office Hours

Mon-Fri ..... 8:00 AM-4:30 PM

Gate Hours

Mon-Fri ..... 7:30 AM-5:00 PM
Sat ..... 8:30 AM-1:00 PM

Shopping Savvy

When a salesperson spends time assisting you as you shop, you may feel more obligated to make a purchase, and that's what some stores bank on. Don't feel guilty about using a sales associate's help, and only buy something you truly want.

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Trivia Whiz

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The Fight Against Alzheimer's

National Alzheimer's Disease Awareness Month takes place every November, but scientists and medical teams are working year-round to make strides in the diagnosis and treatment of this complex condition that affects millions of people worldwide.

Researchers are constantly learning more about Alzheimer's. Advances in brain imaging are helping provide a clearer understanding of how the brain is affected by the disease. Studies are exploring links to other health conditions, including heart disease, diabetes, stroke, high blood pressure and high cholesterol. This research may make earlier diagnosis of Alzheimer's possible, leading to better treatments and possible prevention.

Currently, there are medications that can temporarily slow the progression of symptoms and provide a better quality of life for patients.

Non-medical therapies have been shown to help both patients and caregivers living with Alzheimer's. Music therapy often involves playing upbeat tunes during everyday activities and calming music near bedtime or to ease confusion. Art therapy can give patients a way to express themselves when communication is difficult.

Storytelling is another therapeutic technique. Scrapbooks, photo albums and memory boxes can encourage patients to talk about their lives.

A Sweet Side Dish

Whether they are baked or roasted, topped with marshmallows or served in a pie, sweet potatoes are a staple at many Thanksgiving dinners. But the orange root vegetable is a nutritious, tasty choice year-round.

Historians estimate that sweet potatoes were first cultivated in Central and South America about 5,000 years ago. Despite their name, sweet potatoes are not closely related to white potatoes and belong to the morning glory family of plants. They are often called yams, especially in the South, but true yams are an entirely different plant that is native to Africa and Asia.

One serving of sweet potatoes contains more than 100 percent of the recommended daily amount of vitamin A, plus plenty of vitamin C, potassium and antioxidants. Though they have a rich flavor, sweet potatoes have fewer calories than white potatoes and cause a smaller spike in blood sugar, making them a good choice for diabetics.

Sweet potatoes are often served baked in their skin, as fries, or mashed with butter and seasonings. Cinnamon, nutmeg, brown sugar and pecans are frequently used to complement the flavor of the versatile veggie.

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November Birthdays

Nov 02	Shirley Lancaster
Nov 03	Martha Davis
Nov 06	Lorraine Butler
Nov 06	Evelyn Yates
Nov 06	Karen Mathena
Nov 11	Larry Perrott
Nov 11	Russ Loop
Nov 14	Mike Copple
Nov 16	Dan Brittingham
Nov 16	Dorothy Haltunen
Nov 17	Karen Kaupa
Nov 18	Ash Alberta
Nov 19	Grover Davis
Nov 21	Marian Majeau
Nov 22	Gloria Dutchuk
Nov 23	Ed Sanderson
Nov 23	Art Majeau
Nov 24	Jerry Cole
Nov 30	Ken Shadle

November Anniversaries

Nov 08, 1997	Scott & Loretta B
Nov 09, 1973	Bernie & Jackie W
Nov 11, 1964	Dick & Betti D
Nov 13, 1965	Roger & Mona C
Nov 24, 2000	Gene M & Helen R
Nov 25, 1962	Kenneth & Marlene
Nov 30, 1971	Stub & Donna B

Caring & Sharing Team

These lovely ladies will be welcoming our new residents into Silver Spur Village:

Denise Loyd- loyddenis1@gmail.com
Debbie Jaqua- howddee@msn.com
Barbara Wirtz- bkwirtz@yahoo.com

Autumn Acorn

Add some color and whimsy to your Thanksgiving table with these acorn treat holders, cleverly made from plastic eggs leftover from spring decorating.

Materials:

- Plastic egg
- Hot glue gun and glue
- Twine
- Scissors
- Treats

Directions:

Hold the egg so the smaller end is pointed down. Run a line of glue around the edge of the top half of the egg, where the egg opens. Quickly apply a length of twine on top of the glue. Without cutting the length of twine, continue gluing and wrapping the twine until you reach the top of the egg. Cut the twine, leaving a 1-inch "stem." The egg should now resemble an acorn, with the twine-covered portion as the cap.

Make multiple acorns and fill them with treats, such as trail mix, nuts, popcorn and candy. You could also place a slip of paper inside with a name for a place setting.

Random Act of Kindness

If you know someone who has no family close by, invite them to join you for Thanksgiving dinner.

Wit & Wisdom

"May your thoughts turn to gratitude this holiday season and carry on throughout the next year."
—James A. Murphy

"I find that it's the simple things that remind you of family around the holidays."
—Amy Adams

"It's like your children talking about holidays; you find they have a quite different memory of it from you. Perhaps everything is not how it is, but how it's remembered."
—Denis Norden

"There's something about a holiday that isn't all about how much money you spend."
—Hilarie Burton

"To many people, holidays are not voyages of discovery, but a ritual of reassurance."
—Philip Andrew Adams

November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November			1 9:00 Aerobics 10:00 Shuffleboards 10:00 Aerobics 1:00 Billiards 1:00 Happy Hookers 7:00 Cribbage	2 9:00 Aerobics 10:00 Aerobics 1:00 Billiards 1:00 Canasta	3 9:00 Aerobics 10:00 Aerobics 1:00 Billiards 1:00 Dominoes	4
5	6 9:00 Shuffleboards 9:00 Aerobics 10:00 Aerobics 1:00 Billiards 1:00 Bridge 7:00 Bingo	7 9:00 Aerobics 10:00 Aerobics 9:00 Coffee & Donuts 1:00 Billiards 1:00 Dominoes	8 9:00 Aerobics 10:00 Shuffleboards 10:00 Aerobics 1:00 Billiards 7:00 Cribbage	9 9:00 Aerobics 10:00 Aerobics 1:00 Billiards 1:00 Canasta	10 9:00 Aerobics 10:00 Aerobics 1:00 Billiards 1:00 Dominoes	11 Veterans Day
12	13 9:00 Aerobics 10:00 Aerobics 10:00 Shuffleboards 1:00 Billiards 1:00 Bridge 7:00 Bingo	14 9:00 Coffee & Donuts 10:00 Aerobics 1:00 Billiards 1:00 Dominoes	15 9:00 Aerobics 10:00 Aerobics 10:00 Shuffleboards 1:00 Billiards 7:00 Cribbage	16 9:00 Aerobics 10:00 Aerobics 1:00 Billiards 1:00 Canasta	17 9:00 Aerobics 10:00 Aerobics 1:00 Billiards 1:00 Dominoes	18
19	20 9:00 Aerobics 10:00 Aerobics 10:00 Shuffleboards 1:00 Billiards 1:00 Bridge 7:00 Bingo	21 9:00 Coffee & Donuts 10:00 Aerobics 1:00 Billiards 1:00 Dominoes	22 9:00 Aerobics 10:00 Aerobics 10:00 Shuffleboards 1:00 Billiards 7:00 Cribbage	23 Happy Thanksgiving Dinner @ 4pm In the Clubhouse	24 9:00 Aerobics 10:00 Aerobics 1:00 Billiards 1:00 Dominoes	25
26	27 9:00 Aerobics 10:00 Aerobics 10:00 Shuffleboards 1:00 Billiards 1:00 Bridge 7:00 Bingo	28 9:00 Coffee & Donuts 10:00 Aerobics 1:00 Billiards 1:00 Dominoes	29 9:00 Aerobics 10:00 Aerobics 10:00 Shuffleboards 1:00 Billiards 7:00 Cribbage	30 9:00 Aerobics 10:00 Aerobics 1:00 Billiards 1:00 Canasta		

"This Month In History"

NOVEMBER

1800: President John Adams and his family move in to the newly completed White House, then called the President's House.

1906: SOS is adopted as the standard distress signal at sea.

1910: Hailed as a monumental work of architecture, the Pennsylvania Station railroad terminal opens in New York City.

1924: The Boston Bruins make their debut as the first U.S. team in the NHL.

1939: In Hyde Park, N.Y., the cornerstone is laid for a library to preserve President Franklin D. Roosevelt's official papers. It was America's first presidential library.

1945: The first issue of Ebony magazine is published.

1959: On Broadway, the Rodgers and Hammerstein musical "The Sound of Music" opens.

1968: The Motion Picture Association of America introduces a rating system for movies.

1973: Britain's Princess Anne marries Capt. Mark Phillips at Westminster Abbey.

1989: L. Douglas Wilder of Virginia becomes the first African-American governor elected in the U.S.

1993: Made up of 12 countries, the European Union is formally established.

2000: A crew of three arrives at the International Space Station and is the first to live and work at the research facility.

2008: Taylor Swift releases her second album, "Fearless." It would go on to be the most awarded album in country music history.

2013: Disney's animated movie musical "Frozen" premieres. Record box office ticket sales made it the highest-grossing animated film of all time.

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