

Highland Oaks Monthly Activity Calendar - November 2020

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1	National Author's Day!	2	Deviled Egg Day!	3	Cliché Day!	4	King Tut Day!	5	Men make dinner day!	6	National Nacho Day!	7	Bittersweet Chocolate
9:30-11am	Church	9:30-10:45am	Cliché costume making	9:30-10:45am	Exercise with Angela!	9:30-10:45am	Exercise/Yoga w Becca	9:15-9:45am	Covid Piñata	9:30-10:45am	Exercise w/ Alexis Mason	10:15-11:15am	Exercise
1-2:30pm	Tea time with books from local library for Author's Day	11-11:45am	Walking Club	11-11:45am	Spelling Bee Competition	11-11:45am	Walking Club	10-10:30am	Strength & Balance Class	11-11:45am	Walking Club	1-2:30pm	Let's Bowl!
2:30-4pm	wreath making for doors	1-2:30pm	What's in the Bag?	1-2:30pm	Cliché parade and voting	1-2:30pm	Travel to Egypt	11:15-11:45am	pumpkin pie garland	1-3:30pm	Nacho Bingo!	2:30-4pm	Poetry/listening to music
		2:30-4pm	The Price is Right	2:30-4pm	Craft Time	2:30-4pm	I hear Memories	1-2:30pm	Devotions	3:30-4pm	Saxophone Day musical event	6pm-8pm	Virtual Tour of Chocolate World
			Deviled eggs served at costume making!		Fall Lanterns!		Don't forget your passport!	2:30-4pm	Dinner Trivia				Chocolate treats
		5:30-7pm	Scarecrow craft		Happy Birthday Carm!			5:30-7pm	Ping Pong Toss				
8	Happy Dunce Day!	9	Chaos never dies day!	10	Forget-Me-Not-Day	11	Happy Veterans' Day	12	Chicken Soup for the Soul Day	13	Sadie Hawkins Day	14	World Diabetes Day!
9:30-11am	Church	9:30-10:45am	Finish the Saying	9:30-10:45am	Exercise with Angela!	9:30-10:45am	Veteran Scavenger hunt	9:15-9:45am	Exercise	9:30-10:45am	Exercise W/ Alexis Mason	10:15-11:15am	Exercise
1-2:30pm	Corn Hole Game	11-11:45am	Walking Club	11-11:45am	Craft- Forget me not flowers	11-11:45am	Walking Club	10-10:30am	Strength & Balance Class	11-11:45am	Walking Club	1-2:30pm	Corn Hole Game
2:30-4pm	Tailgate Party!!	1-2:30pm	Covid Bingo			1-3pm	Veteran's Luncheon and program	11-11:45am	Decorate Sugar Cookies	1-2:30pm	Friday the 13th Trivia	2:30-4pm	Poetry/listening to music
		2:30-4pm	Chaotic Covid Hair Contest	1-2:30pm	Noodle Ball			1-2:30pm	Act of Kindness Cards	2:30-4pm	Window Painting	6-8pm	Planes, Trains and Automobiles...Oh my!
				2:30-4pm	Family Facetime	3-4pm	One-on-One's	2:30-4pm	Chicken Soup for the Soul readings	5:30-7pm	Sadie Hawkins Dance		
			Staff and residents Covid hair				Wear red, white & blue						
15	America Recycles Day!	16	Button Day!	17	World Peace Day!	18	Happy Birthday Mickey Mouse!!	19	Play Monopoly Day!	20	Absurdity Day!	21	National Adoption Day!
9:30-11am	Church	9:30-10:45am	What's in the bag?	9:30-10:45am	Exercise with Angela!	9:30-10:45am	Exercise	9:30-10:45am	Hangman	9:30-10:45am	Exercise	10:15-10:45am	Exercise
1-2:30pm	Scavenger collages	11-11:45am	Walking Club	11-11:45am	World Peace Day Quiz!	11-11:45am	Walking Club	10-10:30am	Strength & Balance Class	11-11:45am	Absurd outfit contest	1-2:30pm	Window dog visits
2:30-4pm	Painting Geometric Shapes	1-2:30pm	Inspirational sayings buttons	1-2:30pm	What does World Peace look like to you?	1-2:30pm	Thanksgiving Crafts Pilgrims	11-11:45am	Family Facetime	1-2:30pm	Absurdity Bingo!	2:30-4pm	Noodle Ball
		2:30-4pm	National Fast Food day tastings	2:30-4pm	Virtual Hike in Yellowstone National Park	2:30-4pm	Monthly Birthday Party	1-2:30pm	Monopoly			6-8pm	Parent Trap
				5:30-7pm		5:30-7pm	Mickey Mouse Trivia	2:30-4pm	Apple Cider Social				
22	Go For a Ride Day!	23	National Cashew & Espresso Day!	24	Evolution Day!	25	National Tie One On Day!	26	Happy Thanksgiving!	27	Black Friday!	28	Make your own head!
9:30-11am	Church	9:30-10:45am	Coffee Talk	9:30-10:45am	Exercise with Angela!	9:15-9:45am	Make Cornucopias	9:30-10:45am	The History of Thanksgiving	9:30-10:45am	Exercise w/Alexis Mason	10:15-10:45am	Exercise with ____
1-2:30pm	Virtual Rides	11-11:45am	Walking Club	11-11:45am	Pretty Nails	10-10:30am	Strength & Balance Class			11-11:45am	Walking Club	11-11:45am	Walking Club
2:30-4pm	Music Entertainment	1-4pm	Baking Wars Challenge	1-2:30pm	Evolution Trivia	11-11:45am	Walking Club	11-11:45am	Sit & Be Fit w/Mary Ann	1-2:30pm	Black Friday Craft	1-2:30pm	Make your own head craft
		5:30-7pm	Pine Cone Hedgehogs	2:30-4pm	Travel to China	1-4pm	Bingo!	12-1:30pm	Thanksgiving Lunch	2:30-4pm	Corn Hole Game	2:30-4pm	Golf on the Green
					Bring your Passport	6pm	penny ante	2-4pm	Family Facetime			6-8pm	Elf
29	Advent Begins!	30	Stay at home b/c you are well day!	<p>* Exercise & Walking club are still available everyday! *</p> <p>For updates on or if you would like to schedule a window or parking-lot visit with your loved one, please call the front desk at (814)226-3799.</p>									
9:30-11am	Church	9:30-10:45am	Let's be pampered										
1-2:30pm	Make advent calendar w/ residents	11-11:45am	Walking Club										
2:30-4pm	Square Dance	1-4pm	Casino Day										

DID YOU KNOW:

A pumpkin is really a squash?

It is! It's a member of the Cucurbita family which includes squash and cucumbers.

That pumpkins are grown all over the world?

Six of the seven continents can grow pumpkins including Alaska! Antarctica is the only continent that they won't grow in.

That the "pumpkin capital" of the world is Morton, Illinois?

This self proclaimed pumpkin capital is where you'll find the home of the Libby corporation's pumpkin industry.

That the Irish brought this tradition of pumpkin carving to America?

The tradition originally started with the carving of turnips. When the Irish immigrated to the U.S., they found pumpkins a plenty and they were much easier to carve for their ancient holiday.

Fun Facts About The Pumpkin!

Pumpkins contain potassium and Vitamin A.

Pumpkin flowers are edible.

The largest pumpkin pie ever made was over five feet in diameter and weighed over 350 pounds. It used 80 pounds of cooked pumpkin, 36 pounds of sugar, 12 dozen eggs and took six hours to bake.

In early colonial times, pumpkins were used as an ingredient for the crust of pies, not the filling.

Pumpkins were once recommended for removing freckles and curing snake bites.

The largest pumpkin ever grown weighed 1,140 pounds.

The Connecticut field variety is the traditional American pumpkin.

Pumpkins are 90 percent water.

Eighty percent of the pumpkin supply in the United States is available in October.

Native Americans flattened strips of pumpkins, dried them and made mats.

Native Americans called pumpkins "isqoutm squash".

Native Americans used pumpkin seeds for food and medicine.



Highland Oaks

Soon, Peppermint Patty, Marcie, and Franklin arrive and follow Charlie Brown out to the big table in the backyard. It's time for dinner! Snoopy is about to serve the guests when Peppermint Patty cuts in. "Shouldn't we say grace first?" she asks. Linus stands up. "In the year 1621, the Pilgrims had their first Thanksgiving feast," he begins. "Elder William Brewster, who was a minister, said a prayer that went something like this: "We thank God for the opportunity to create a new



The Best Things in Life are Meant to be Shared.



We are lighting up WRC Communities for the Holidays and we need your help! We know the Residents love to look at the twinkling lights...plus, more lights make a brighter path for Santa! If you have any lights that you could spare, new or used, we would love to use them to decorate our Communities. You can call (814)849-1205 for a drop-off location. ~ EFFIE

