

Wildcat[®]

SENIOR LIVING

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Our Nation's Veterans

Veterans Day on Nov. 11 is your chance to recognize and thank those who have served our country. Veterans live all over the U.S., but Alaska, Virginia and Wyoming are the states with the highest percentage of veterans within their borders.

Chatting With Chums

Better Conversation Week is held annually during the week of Thanksgiving. Get to chattin' with one of these conversation starters:

1. What is your favorite season and why?
2. What is the best TV show, movie or book you've come across recently?
3. What superpower would you want if you could have one?

November 2023

November Activity News

The holidays are approaching fast. We have exciting activities for the month of November. We are starting on our Christmas crafts, for gifts and decorations.

For the first time Mary's Music will be coming November 16th at 2pm for her debut at Wildcat Senior Living. She performs at Hall's Chop Steak House, and several senior living communities. We will also be entertained on November 24th by Just Good Enough Christian Group at 2pm.

On November 29th, we have "Where in the World Is Chef Eileen?" Everyone enjoys trying to figure out where she is, and the food is always delicious.





An American Anthem

One of the country's most popular patriotic songs, "God Bless America" debuted 85 years ago this month when Kate Smith sang it on her radio show in recognition of Veterans Day. Did you know these facts about the stirring tune?

- Irving Berlin wrote the first draft while he was serving in the Army near the end of World War I.
- The song is so beloved that many citizens have lobbied for it to replace "The Star-Spangled Banner" as our national anthem.
- Since 1940, the song's royalties have been donated to Boy Scout and Girl Scout programs of America.
- On the evening of the Sept. 11 attacks, members of Congress broke into an impromptu rendition of the song on the steps of the U.S. Capitol.

Resident Spotlight



This month we are excited to feature Robert Woods as our Resident of the Month!

Robert was born in Columbus, Georgia, and moved to Jacksonville, Florida, where he lived until he was 16 years old, and his father was transferred to North Charleston, where he worked at the Naval Base.

Robert was in the Army, as a firing panel operator. After the Army, he attended University of South Carolina, where he became a huge Gamecocks fan. Robert has spent time doing woodwork that he enjoyed—he has created small items to furniture.

Robert married his wife, Nita; they had 58 beautiful years together.

They have three children, eight grandchildren and seventeen great-grandchildren, who all live in the area, which is great because family is very important to him.

Associate of the Month

This month our Associate Spotlight is on Gail, a member of our Culinary Team.

Gail is a mother of three, two boys and a girl. She has two beautiful grandsons and one on the way, plus her fur grandbabies.

Gail's son is in the Navy and has been deployed to Israel. We pray for his safety while he is serving our country.

Gail is energetic, caring and talented. She is a great team player and is always looking to assist others. Gail is a great asset to the Wildcat community.





Arts & Crafts



Come join us for crafts this month. Mary will be teaching a class making Christmas cards. We are hoping we will be able to send some to nursing homes and to the military. We are going to make Christmas trees, door wreaths, plus much more.



Thanksgiving Walk

Feeling stuffed after the feast is part of what Thanksgiving is all about! But before you settle on the couch to watch football or take a nap, go for a quick walk. Even a stroll as short as 15 minutes will regulate blood sugar levels and help you digest that heavy meal. And the healthy group activity provides more opportunities to bond—it could be your new holiday tradition!



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.



Brain Bender: Turkey Day Terms

Unscramble each of the following Thanksgiving-themed words, then rearrange the letters in bold to create a seasonal phrase.

- SPILRMIG
- FWAOEMIR
- UTEYKR
- INSNAID
- BNMOEVRE
- ASRHVET
- CNRO
- DGTITARUE
- ULMHPYOT
- FTASE

(Answers: Pilgrims, Mayflower, turkey, Indians, November, harvest, corn, gratitude, Plymouth, feast. The phrase is "Give thanks.")

Wit & Wisdom

"I don't spend time wondering what might be next; I just focus on trying to savor every day."

—Trisha Yearwood

"Savor the moments that are warm and special and giggly."

—Sammy Davis Jr.

"Turn the preparing of food into a communal affair ... When the cooking is finished, eat together

'round the table with the electronic gadgets switched off so you can savor the food and let the conversation flow."

—Carl Honoré

"Sometimes we need the salt of tears to remind us how to savor the sweetness of life."

—Lysa TerKeurst

"Photography is about savoring life at 1/100th of a second."

—Marc Riboud

"Savor the day and be good to yourself, love yourself, and then you can be good to others and be of service to others."

—Charlotte Rae

"One can never truly savor success until first tasting adversity."

—Ralph Waldo Emerson

"The bonds we create in the household are the most important and lasting. Savor them; they're sacred."

—Rainn Wilson

