

The Vineyards

CALIFORNIA ARMENIAN HOME

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RCFE#10040070 • PCOA #319

Being Grateful Is Grand

Gratitude is one of the most important life lessons to teach to grandchildren, says professional counselor Karen Wrolson. Create a tradition of giving thanks year-round by helping grandchildren cultivate gracious habits, from helping them write thank-you notes to encouraging them to thank food servers and store clerks when you're out together.

Memorable Melody: 'Happy Together'

A bouncy beat, catchy lyrics, and the familiar theme of a young man pining after the girl of his dreams—those are the elements that made "Happy Together" a No. 1 hit for pop band the Turtles, who recorded the song in 1967. The original version, as well as covers by a wide range of artists, have been featured in numerous TV shows, movies and commercials. Named one of the most-played songs of the 20th century by music licensing company BMI, "Happy Together" was inducted into the Grammy Hall of Fame in 2007.

Codes To Make Calls

Do you remember when phone numbers didn't have area codes? The first 86 area codes in North America were rolled out in 1947, and only used by switchboard operators to connect callers between cities. The first time a customer could directly dial a full phone number that included the area code took place Nov. 10, 1951. Now, 70 years later, there are nearly 400 area codes in use.

November 2021

Lifestyles Center Office Hours

Monday	8:00am-4:30pm
Tuesday	8:00am-4:30pm
Wednesday	8:00am-4:30pm
Thursday	8:00am-4:30pm
Friday	8:00am-4:30pm
Saturday	8:00am-4:30pm
Sunday	CLOSED



Talking Turkey

This time of year, the turkey takes center stage as both a seasonal symbol and the main course of holiday dinners.

- Male turkeys are called "toms" or "gobblers," females "hens" and their chicks "poults."
- Females make small clucking and chirping sounds; only males do the gobbling the birds are known for. The gobble can be heard up to a mile away.
- The weight of a domestic turkey is about twice that of its wild cousin. Most domestic turkeys are so heavy they can't fly, but wild turkeys can soar up to 55 mph.
- An adult turkey has between 5,000 and 6,000 feathers. Like peacocks, the males use their fancy tail feathers to attract mates.
- While domestic turkeys are typically white, the brown and tan colors of wild turkeys help them blend into the surroundings of their woodland homes, where they sleep atop tree branches.
- Turkeys are native to North America, but in the early 20th century, the bird was on the verge of extinction. Reintroduction programs started in the 1940s, and today, wild turkeys can be found throughout the U.S.



The First Thanksgiving

Four centuries ago, the Pilgrim settlers at Plymouth Colony and neighboring American Indians met for a joyous feast, celebrating both friendship and a fruitful harvest. This 1621 event is traditionally recognized as America's first Thanksgiving.

Sailing from England aboard the Mayflower, the Pilgrims arrived in present-day Massachusetts in the fall of 1620, yet remained on the ship for several months. When the colonists moved ashore the following spring, they were visited by two English-speaking American Indians, Samoset and Squanto, who showed the Pilgrims how to hunt and grow their own food. Squanto also served as an interpreter and mediator between the settlers and the neighboring Wampanoag tribe.

Sometime between Sept. 21 and Nov. 1, the Pilgrims organized a feast to celebrate the success of their first crop. Around 90 Wampanoag, including Chief Massasoit, joined the colonists for the festivities, which lasted for three days and included games, singing and dancing.

Celebrities Who Served

They've inspired us as entertainers, but first they served their country as members of the U.S. military.

Jimmy Stewart. The distinguished actor's role in the Army Air Corps led him to fly in 20 combat missions during World War II. He stayed in the reserves until 1968, when he retired as a brigadier general.

Bea Arthur. At age 21, the future "Golden Girls" actress enlisted in the U.S. Marine Corps Women's Reserve, serving as a typist, truck driver and dispatcher from 1943 to 1945.

Ted Williams. The legendary Red Sox hitter earned high honors on the ballfield and in the armed forces as a fighter pilot in the Navy and Marines.

Chuck Norris. Upon joining the Air Force after graduating high school in 1958, the athlete and actor served in South Korea, where he learned martial arts from locals.

Mr. T. Before he was on "The A-Team," the colorful actor was on team USA as an Army police officer and squad leader.

Sunny Anderson. Raised in a military family, the Food Network chef enlisted in the Air Force in 1993, where she honed her on-air skills as a radio broadcaster.

Adam Driver. Known for his broody role in the "Star Wars" sequels, Driver was inspired to join the U.S. Marines in 2001 after the 9/11 terrorist attacks.



How Friends Keep Us Happy and Healthy

Friends laugh with us when things are good and give us support when we are down. Besides the warmth that these special relationships provide, research shows they benefit our health, too.

The link between friendship and mental well-being is clear. Friends help reduce stress by offering a listening ear during challenging times. Spending

time with a friend, especially when having fun such as playing a game or watching a movie, can provide a welcome distraction from negative thoughts and worries.

Friends can provide the motivation and support we may need to improve ourselves and our health by breaking bad habits and embracing good ones. They also give us a sense of belonging and acceptance, which can boost happiness and increase our self-worth—a natural antidote for depression and loneliness.

Studies have found that people in strong friendships have lower blood pressure, heart rate and cholesterol.

Safety Tips for Shopping Online

'Tis the season for buying gifts and giving back to charities, which can both be conveniently done online. Keep your finances safe by following a few tips.

In general, stick to companies, brands and organizations you are familiar with. If an online store has a physical address and a phone number, even better!

Customer reviews are a valuable resource. Browse through the feedback of products you're shopping for, and take note of how many ratings and reviews an item has.

When you are ready to make a purchase, first make sure that

the website is secure. Look at the URL at the top of the page and confirm that it has "https" or a lock symbol before the web address. If possible, pay with a credit card, which typically offers more fraud protection than a debit card.

Folks who are tech-savvy are usually happy to share their expertise. Ask a trusted friend or relative for advice if you get stuck or have concerns about an online experience.



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November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Darlene M.	3	4	5	6 Geneva N.
7	8	9	10	Veterans Day 11 Lily H., Melvin H., & Rex T.	12	13 Jean E.
14	15 Karen A.	16	17 Richard W.	18 Jerry R. & Richard T.	19 Manuel H. & Donna S.	20 Alvin T.
21	22	23 Von A.	24	Thanksgiving 25 Mary B.	26 Dora B. & Marilyn W.	27 Nancy B. & Dewayne N.
28	29	30	Happy Birthday to All of Our November Babies!			

