

Mountain Vista View

Mountain Vista Senior Living- 4800 Tabor Street Wheat Ridge CO 80033 | 303-421-4192 |



Celebrating November

Birthdays

Edwin B
Betty W
Yara C
Sarah H

Anniversaries

Yara C- 4 years
Robin D- 4 years

American Indian Heritage Month

Inspirational Role Models Month

Veterans Day (U.S.)

November 11

Game & Puzzle Week

November 20–26

World Television Day

November 21

Thanksgiving Day (U.S.)

November 24

Giving Tuesday

November 29

Fall Fun



(Above: Pumpkin decorating)

We've been having a lot of fun this fall. You may have noticed the decorative pumpkins by the mailboxes and other items around the home. Fall is feeling so festive! We also enjoyed an Autumn Party gathering where we snacked on fall flavors like apple cider & apple pie! We also listened to music &

reminisced about Halloween memories. We have a lot more festivities to enjoy as fall rolls on into November. Check out your calendar for Book Club. We will meet in the common area; bring a book you have read recently & share/chat about it with the group. We are going to head over to Mountain Vista's Long Term Care for a visit from the Lydia Ladies for a Veterans Day gathering on November 11. We will honor & thank our Veterans and enjoy refreshments, too. At the end of November, we will be making Christmas wreaths, so they are ready for December! We will also take a shopping trip to the thrift store for a Tuesday Senior Discount! On Thanksgiving we will tune in to the Macy's Day Parade on TV. We will also have some scheduled groups in the morning on Thanksgiving & for those interested, tabletop games will be in the Great Room for families & residents to play together in the afternoon or evening. Happy Thanksgiving! We are grateful for you!

Welcome!

We've got a few new members of the Activities Team that we would like to introduce and tell you a little bit about! Marcia and Courtney both love to read and this is their favorite hobby. Courtney's favorite type of book is historical fiction and Marcia's is comedy. Marcia's favorite types of music are gospel & reggae while Courtney's is pop. Courtney's favorite place it be is a bookstore & Marcia's is church. Marcia's birthday is April 6 & Courtney's birthday is August 10. They are excited to get to know each of you! Maybe you share a common interest! Welcome Marcia & Courtney!

Red Warning

Whether it's strawberry blond, deep burgundy, ginger, copper, or auburn, November 5 is a day to appreciate all shades of red, for it is Love Your Red Hair Day.



Red hair hasn't always been loved throughout history. It was once a widespread folk belief that redheads were witches. It was believed that fire-colored hair gave these women supernatural magic. During the 1300s, it was commonly thought that redheads could turn copper into gold. During the 16th to 19th centuries, redheads were associated with the devil. During the Spanish Inquisition, people were believed to have gotten their red hair from stealing the fires of hell. With only 2% of the population having red hair, it is likely that scarcity bred feelings of distrust of redheads.

November Birthdays

In astrology, those born from November 1–21 are Scorpios. Scorpios cherish the truth and are not afraid to go to extraordinary lengths to uncover mysteries and get what they want. Those born from November 22–30 are Archers of Sagittarius. These Archers are philosophical seekers of knowledge who love traveling to new places to absorb new cultures.

Burt Lancaster (actor) – Nov. 2, 1913
Walter Cronkite (journalist) – Nov. 4, 1916
Alfre Woodard (actress) – Nov. 8, 1952
Dorothy Dandridge (entertainer) – Nov. 9, 1922
Anne Hathaway (actress) – Nov. 12, 1982
Whoopi Goldberg (comedienne) – Nov. 13, 1955
Gloria Foster (actress) – Nov. 15, 1933
RuPaul (model) – Nov. 17, 1960
Delroy Lindo (actor) – Nov. 18, 1952
Michael Strahan (TV host) – Nov. 21, 1971
Scott Joplin (composer) – Nov. 24, 1868
Don Cheadle (actor) – Nov. 29, 1964
Ben Stiller (actor) – Nov. 30, 1965

Great Guess!

Congrats to Veronica for winning the candy guessing game! There were 1008 candy corn in the jar!



(Above: Veronica with her prizes)