



Celebrating Our Heritage

November marks the annual National Native American Heritage Month, a much broader extension of the 1915 unofficial holiday, American Indian Day. Since that time, roughly half of the states have been recognizing the impact our original Native American ancestors had on the establishment, success and growth of America. Then, in 1990, President George H.W. Bush formally began to acknowledge November as Native American Heritage Month. Here are a few facts to help us celebrate our ancestors properly.

- The largest Native American tribe living in the United States is Cherokee. The next largest is Navajo, which is followed by Choctaw.

- When the Europeans first landed in America, there were 18 to 20 million Native Americans living in the U.S.
- New York City has the largest Native American population of any major city in America. But the majority of Native Americans can be found throughout the Western region of the U.S.
- Native Americans originally cultivated a range of today's common household staples. Popcorn, chocolate, corn, sweet potatoes and tobacco are among the Native American creations.
- Roughly 22 percent of the existing Native American population found in America live on tribal lands or reservations.
- Native American traditions vary among the tribes, but many tribes follow a matrilineal model that places women in positions of power and authority.



Southlake

THE COVE

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NOVEMBER 2022

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Director of Memory Care

MELISSA SALINAS
Director of Life Enrichment

BRADLEY TARKOWSKI
Director of Hospitality

KAREN WEST
Business Office Manager

LINDA NANCE
Director of Beautification

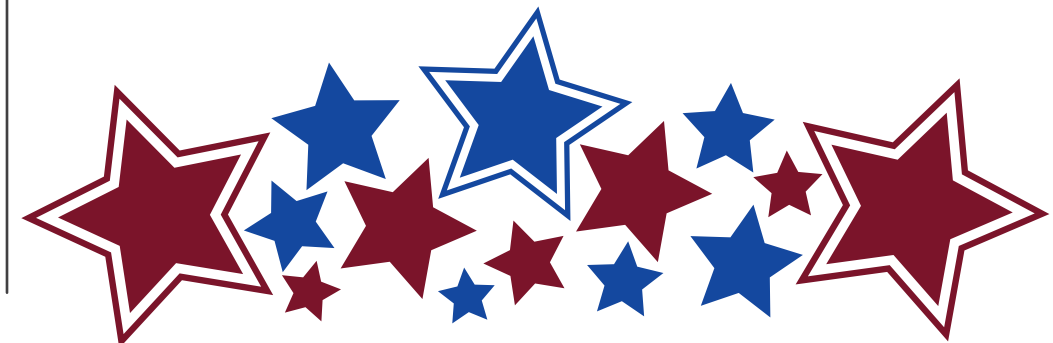
JOHN ODDO
Director of Maintenance

THANK A Veteran



In November of 1919, President Woodrow Wilson decreed that November 11 should be observed as Armistice Day to commemorate the end of WWI. In 1954, veteran organizations successfully lobbied congress to change the name of the observance to 'Veterans' Day' in order to include and honor the efforts of those who fought in World War II and in the Korean War. In 1968, the Federal Government passed legislation to observe legal holidays on Mondays, arguing that the three-day weekends would encourage travel and recreation, thus stimulating the economy. In 1978, President Gerald Ford moved Veterans' Day back to its original date of November 11 to honor its historic and patriotic significance.

Today, U.S. military officials point out that many people confuse Memorial Day with Veterans' Day. While Memorial Day is a day to honor military personnel who died in battle or as a result of their wounds, Veterans' Day is set aside to thank and honor all those who served in the military, in wartime and in peacetime. It is intended to thank living veterans for their services, to acknowledge their contributions to national security and to underscore their sacrifice and duty.



HarborChase of Southlake - The Cove



NOVEMBER 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



**HAPPY
THANKSGIVING
NOVEMBER 24**

<p>9:30 Move & Groove 10:00 Four Stories of Joseph 10:30 Catholic Church Hour 11:00 Chef Marks the Spot 1:00 Frugal Fall Fun 2:00 Mixed-Up Monopoly 3:00 Matter of Time 4:00 Typewriter Tips & Tricks 6:30 Guided Meditation Guru</p>	<p>6 9:30 Fit & Fabulous 10:00 Straight to the Challenge 10:30 Handmade Cards of Thanks 11:00 Caramel Custard Recipes 1:00 Famous Firsts Trivia 2:30 7/11 Slurpee Outing 3:00 Dull Men's Club 4:00 11-Letter Words 6:30 Highlights of Joni Mitchell</p>	<p>9:30 Walking Road Warriors 1 10:00 How Sweet the Sound 10:30 Lesser-Known Saints 11:00 Food Drive Kickoff 1:30 Table Talk Tidbits 2:30 Dia de los Muertos 3:00 Smooth Music Memories 4:00 Tissue Paper Flowers 6:30 Disney Night: Coco</p>	<p>9:30 Movement Matters Most 2 10:00 Words of Hope 10:30 Famous Bearded Men 11:00 Apple Betty Recipes 1:00 Around the World 1:30 The Rainbow Connection 2:30 Navigating New England 3:30 On This Day 6:30 A Jazz Man's Blues</p>	<p>9:30 Inner Light Meditations 3 10:00 Common Folklore Phrases 10:30 Women of Wisdom 11:00 Chicago Daily Tribune 1:00 About John Adams 2:00 Japanese Brush Painting 3:00 Jazz It Up 4:00 Name This, Name That 6:30 Something's Gotta Give</p>	<p>9:30 Laughter Chair Yoga 4 10:00 Gratitude with Grace 10:30 Basics of Calligraphy 11:00 Frost on the Pumpkin 1:30 Most Famous Quotes 2:00 Common Sense Guy 3:00 Music & Melodies 4:00 Public Speaking Tips 6:30 History of Candy</p>	<p>9:30 Step by Step 5 10:00 Power House of Praise 10:30 History of Maze 11:00 Texas Chili Recipes 1:30 This Day in 1872 2:00 Exploring Music Theories 3:00 Sadie Hawkins Traditions 4:00 How To: Draw Owls 6:30 The Good Witch</p>
<p>9:30 Laughter & Yoga 13 10:00 Lift Your Voice 10:30 Pay It Forward 11:00 Harvest Around the World 1:00 Astrological Zodiac Signs 2:00 Healthy Fall Mocktails 4:00 Inspirational Kindness Quotes 6:30 Netflix Night: Ghost</p>	<p>9:30 Outdoor Nature Yoga 14 10:00 Classroom Hijinks 101 10:30 Save the Rainforest 11:00 Slow Cooker Clam Chowder 1:30 Little Bit of Literacy 2:30 Afternoon Sweet Trip 3:00 Who is Elizabeth Cochran? 6:30 The Queen's Gambit</p>	<p>9:30 Sock Hop Stretch 8 10:00 Blessings and Praise 10:30 Full Moon Manifestations 11:00 Mind Your Table Manners 1:30 Old Election Buttons 2:00 Virtual Vacations: Montana 3:00 All Shook Up Sing Along 4:00 Montana Facts & Trivia 6:30 A River Runs Through It</p>	<p>9:30 Chimes of Tai Chi 9 10:00 How Sweet the Sound 10:30 Mum's the Word 11:00 Fruit Smoothie Sensations 1:00 Tons of Puns 2:00 Connecting the Circles 3:00 Gratitude Card Creations 4:00 Bet You Didn't Know! 6:30 Pass the Popcorn</p>	<p>9:30 Pilates with a Punch 10 10:00 The Daily Breakdown 10:30 Guess the Proverbs 11:00 Penny Wars Fundraiser 1:00 Manicures & Matinee 2:00 Marine Corps Hymn 2:30 Trivial Pursuit Tips 4:00 Take the Cake! 6:30 The Smithsonian Institute</p>	<p>9:30 Young-Hearted Yoga 11 10:00 His Calling Devotion 10:30 Cranberry Recipe Creations 11:30 A Veterans Luncheon 1:30 Turkey Origami Creations 2:00 Thank A Vet Ceremony 3:00 Move with the Music 4:00 Do You Polka? 6:30 Veteran Docuseries Feature</p>	<p>9:30 Posture Perfect Yoga 12 10:00 Words of Hope 10:30 Good News Network 11:00 Smooth Piano Tunes 1:00 Spandex or Lycra? 2:00 Classic and Timeless 3:00 Movie Stars: Grace Kelly 4:00 Dia del Cartero 6:30 The Country Girl</p>
<p>9:30 Sit & Be Fit 20 10:00 Power House of Praise 10:30 Secret Rose Quote 11:00 Table Talk Tidbits 1:30 Let The Games Begin 2:00 State Birds & Flowers 3:00 Fall Harvest Traditions 4:00 Poetry of the Oceans 6:30 Catch Me If You Can</p>	<p>9:30 Get Fit Challenge 21 10:00 5 Benefits of Houseplants 10:30 The Daily Chronicle 11:00 The Recipe Archive 1:30 Scrabble the Words 2:30 Countryside Drive Outing 3:00 Hallmark Movie Matinee 4:00 Tailgate Target Toss 6:30 The Antiques Roadshow</p>	<p>9:30 Calming the Senses 22 10:30 Turkey History & Trivia 11:00 Stuffing or Dressing? 1:00 Toys: Then & Now 1:30 Game of Yahtzee 2:00 History of the Zodiac 3:00 Tunes to Soothe 4:00 Legacy of JFK 6:30 Highlights: Billie Jean King</p>	<p>9:30 Energizing Chair Yoga 23 10:00 Her Calling Devotions 10:30 Gardening with Herbs 11:00 Health Benefits: Cranberries 1:30 Don't Be Sorry 2:00 Let's Make A Deal 3:00 Jazz It Up 6:30 Netflix: Forrest Gump</p>	<p>9:30 Chimes of Tai Chi 24 10:00 Wise Choice Words 10:30 On This Day in 1826 11:00 Thanksgiving Feast 1:00 Stephen King Social 1:30 Fall for Jenga 2:30 10 Iconic Brunettes 3:30 Giants v. Cowboys 6:30 Diana: The Musical</p>	<p>9:30 Move & Groove 25 10:00 Women of Wisdom 10:30 All About Etiquette 11:00 Creative Animal Crackers 1:00 DIY Peaceful Pinecones 1:30 The Disney Monopoly 3:00 Sweet Musical Memories 6:30 Cinema Feature: Casablanca</p>	<p>9:30 Tranquility & Stretch 19 10:00 Songs of Joy & Praise 10:30 Virtual Library of Congress 11:00 Sing One, Sing All 1:00 Relaxing Yoga Poses 2:00 Willow Family Trees 3:00 Name the State 4:00 Saturday Evening Post 6:30 The Little Princess</p>
<p>9:30 Strike a Pose Pilates 27 10:00 60 Uses for Baking Soda 10:30 Catholic Church Services 11:00 Boston Cream Pie Recipes 1:00 Wish Upon a Wishbone 1:30 On This Day In 1942 2:30 Let's Learn: Self-Care 4:00 Pins & Needles 6:30 Baking It: Christmas</p>	<p>9:30 Morning Move & Groove 28 10:00 The Daily Devotional 10:30 Grand Ole Opry Performers 11:00 Apple Cider Recipes 1:00 History of Arm & Hammer 2:30 Cove Lakeside Drive 3:00 Hopalong Happy Hour 4:00 Mason Jar Creations 6:30 Netflix Night: Blonde</p>	<p>9:30 Tai Chi Tone Up 29 10:00 Grace & Gratitude 10:30 Tech Corner 101 11:00 Pasta in Desserts 1:00 Silly Sock Creatures 2:30 Seated Square Dancing 3:00 Dance with Me 4:00 Write It Out 6:30 Netflix: Little Women</p>	<p>9:30 Calming the Senses 30 10:00 Mark Twain Quotes 10:30 History of Christmas Trees 11:00 Punny Food Books 1:30 Mason Jar Mocktails 2:00 All About Shirley Chisholm 3:00 DIY Flannel Trees 4:00 Rockefeller Tree Lighting 6:30 The Noel Diary</p>			

HELLO, November!

A N A C I R E M A E V I T A N N Y A R G O
 A B S N A T I V E A M E R I C A I O I A R
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Black Friday
 Cornucopia
 Drumstick
 Family
 Football
 Gathering
 Gobble

Gratitude
 Harvest
 Native American
 Nutmeg
 Parade
 Pecan Pie
 Pumpkin Pie

Sasquatch
 Sweater
 Thanksgiving
 Turkey
 Veterans Day
 World Kindness Day



Pink Party with Brad



CounterOffer Karaoke



Everyone loves Brad



Celebrating our Veterans



Cove Crafting



Café Italia Lunch



Cove Devotions with Lou



Just Friends Chatting



Giant Games Fun

HONORING an Artist

Oscar-Claude Monet was born November 14, 1840, in Paris, France, to parents Louise-Justine Aubrée and Adolphe Monet. At a young age, his family moved to the coast of Normandy and his love of art began to blossom, surrounded by the glorious beauty of nature, seascapes and landscapes daily. An immersion in such a dramatic setting created quite the inspiration for the child. His mother was fully supportive of his aspirations to become a painter while his father was less so. Monet's mother passed away when he was just 16 years old, so he was destined to overcome the pressure of his father's desire for him to work in the business world—a feat he very much successfully accomplished.

In fact, Monet's youthful artistic endeavors were instrumental in earmarking the Impressionist movement. He continued to refine and re-invent his brushstrokes and painting methods as he tirelessly attempted to convey that which is verbally impossible to describe. His art spoke volumes with the methods by which he translated light and the variation of seasons, among other things. Monet used his seasonal inspirations to create a shifting series' that captured his personal portrayal of light in its myriad forms. The "Rouen Cathedral," "Haystacks" (below) and "Water Lilies" series are a few of his most famed works that fit in this motif.

Monet passed away December 5, 1926, in the city of Giverny, France.



Self-Portrait, Claude Monet, 1886



Photos courtesy of Wikipedia Public Domain

PANDEMIC OF THE PAST:

Polio



Polio: You remember when it was the ailment that took life after life? Now we are plagued with another ailment that continues to be a catalyst for loss of life. As we reflect on the COVID-19 pandemic, it might be a nice time to remind ourselves how far we've come in the scientific realm.

Here's where the conversation of polio comes into play.

It was formerly one of the most feared diseases in America, causing paralysis in more than 15,000 people annually back in the 1950s. The disease is transmitted through sneezing, coughing and stool matter that transfers from person to person, or even from a child's toy that another child handles. Back in the day, it was one of those diseases that easily traveled from one human to another through these methods. One to two weeks might pass before symptoms emerged, but the transference would occur immediately. Symptoms include fever, vomiting, headache, limb pain, fatigue and neck stiffness, among others.

But there hasn't been a case of polio since the late 1970s, something we can attribute to the success of the polio vaccine. Two types of polio vaccines, actually, made their way into doctors' offices and hospitals and helped substantially stave off the epidemic. In 1955 and 1963, respectively, the inactivated poliovirus vaccine and trivalent oral poliovirus vaccine were introduced.

Between the two, polio cases dropped to less than 10 annually by the 1970s. Vaccinations, as history shows, can be lifesaving and debilitating to the spread of infectious disease.



2022 November DATES TO CELEBRATE

- Daylight Saving Time Ends.....11/6
- Full Beaver Moon.....11/8
- Veterans' Day 11/11
- World Kindness Day..... 11/13
- Thanksgiving..... 11/24
- Black Friday..... 11/25

Birthstone - Yellow Topaz
Flower - Chrysanthemum
Zodiac - Scorpio & Sagittarius