



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 SOUND

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NOVEMBER 2022

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WENDI WEBSTER
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Director of Memory Care

MELISSA SALINAS
Director of Life Enrichment

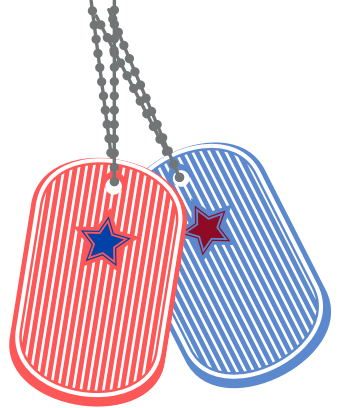
BRADLEY TARKOWSKI
Director of Hospitality

KAREN WEST
Business Office Manager

LINDA NANCE
Director of Beautification

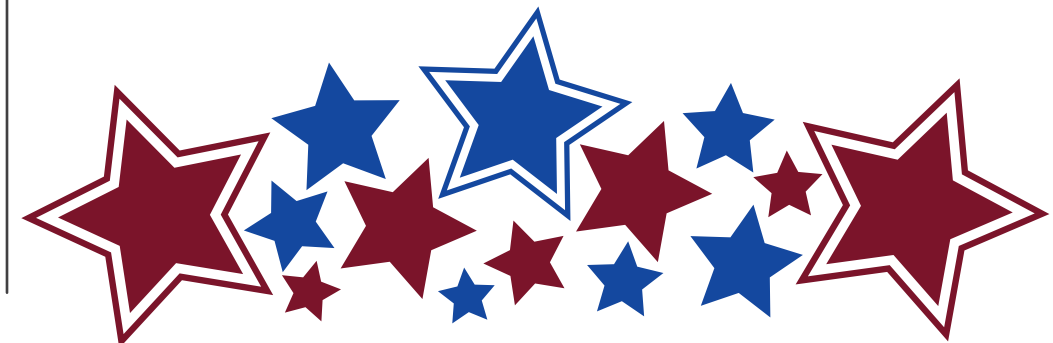
JOHN ODDO
Director of Maintenance

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 Sound



NOVEMBER 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



10:00 Virtual Catholic Church **6**
10:15 Hymn Sing Along
10:45 Virtual White's Chapel
 1:00 Sunshine Protection Act
 1:30 Chronicle with Friends
 2:30 The Price is Right
 3:00 Name That Tune
 3:30 Cover All Wins All
 5:30 Netflix Movie: Blonde

10:00 Virtual St. Francis **13**
10:15 Lift Up Your Voices
10:45 Faith with White's Chapel
 1:30 Split Pea Soup
 2:00 The Sister Act
 2:30 It's Family Feud
 3:30 Luck of the Draw
 5:30 Netflix: Fenced In

10:00 Congregate for Mass **20**
10:15 Make a Joyful Noise
10:45 White's Chapel Worship
1:30 Let the Games Begin
 2:00 Everything is Rosey Trivia
 2:30 Summer Vacation Disasters
 3:30 Five for a Prize
 5:30 HBO Movie: Passing

10:00 Roman Catholic Values **27**
10:15 Raise Your Praise
10:45 Words of White's Chapel
 1:30 The Hangman Hackers
 2:00 The Wishbone Challenge
 2:30 Greatest Guitar Players
 3:30 Four Corners Frenzy
 5:30 The Bad Trip

9:00 Canned Food Kickoff **1**
 9:30 Fit for Life
 10:00 The Mimosa Nail Bar
 10:30 Meet for the Chronicle
 1:00 Día de los Muertos
 1:30 Tissue Paper Flowers
 2:30 The Extra Mile
3:00 Smooth Music Memories
 5:30 James Bond's Spectre

9:30 Step The Workout **8**
 10:00 Meditation Relaxation Spa
 10:30 Chronicles and the CounterOffer
 1:00 The Bridge Group
 1:30 Discovery Health Tips
 2:30 Days of Our Lives
3:00 Dance to the Beat
 5:30 Luckiest Girl Alive

9:30 Jump and Jive Cardio **15**
 10:00 The Cranmosa Nail Bar
 10:30 The Chronicle Fun
 11:00 Rock Your Mocs
 1:00 Bridge Lovers Gang
 1:30 Fabulous Famous Five
 2:00 The Bundt Pan
3:30 Sweet Tunes to Sing
 5:30 If Beale Street Could Talk

9:30 Keep Fit Workout **22**
 10:00 Spreading the Knowledge
 10:30 Pampering Mimosa Nail Bar
 11:00 You've Got a Friend in Me
 1:00 Gathering Bridge Players
 1:30 Game of Yahtzee
 2:00 Making of a President
3:00 Melodies and Memories
 5:30 My Happy Family

9:30 Keep Fit Workout **29**
 10:00 Spreading the Knowledge
 10:30 Pampering Nail Bar
 11:00 New England History
 1:00 Gathering Bridge Players
 1:30 The Little Women
 2:30 Learn to Square Dance
3:00 Dance with Me
 5:30 Netflix: Father Stu

9:30 Be Fit Stretch **2**
 10:00 We've Got Spirit
 10:30 News to Be Told
11:00 Tolbert's Restaurant and Chili
 1:30 It's Not Easy Being Green
 2:30 Are You a Parrot Head?
 3:30 Five for A Prize
 5:30 Bring It On

9:30 Stretch and Move with the Beat with the Beat **9**
 10:00 Coffee and News
11:00 Mesa Mexican Cuisine
 1:00 What Freedom Means
 1:30 Sea and Stars
 2:30 Play a Game with Me
 3:30 Wingo for the Win!
 5:30 Something's Gotta Give

9:30 Daily Morning Stretch **16**
 10:00 Things We Know
 10:30 Nuts About Nuts
11:00 Snooty Pig Cafe
 1:30 Greatest Female Aviators
 2:30 National Book Awards
 3:30 Love is Tolerance
 5:30 Bridget Jones Diary

9:30 Let's Get Stretching **23**
 10:00 News for Knowledge
11:00 Jake's Burgers and Beer
 1:30 Don't Be Sorry
 2:00 Town Hall
 2:15 The Dynamic Domino Crew
 2:30 Nuts About Nuts
 3:30 We Have a Winner
 5:30 Theater: Love Hard

9:30 Reach and Stretch **30**
 10:00 The Chronicle Crew
11:00 Rainforest Café Lunch
 1:00 Twain or Not?
 1:30 Mason Jar Mocktails
 2:30 Feast of St. Andrew
 3:30 We Have a Winner
 5:30 The Noel Diary

9:30 Pump Up the Cardio **3**
 10:00 Chronicle Lovers Gathering
 10:30 It's All Cliche
 1:30 Ice Cream Parlor
 2:00 The Bones Club
 2:30 Fred Rogers and PBS
 3:30 Calendar Planning Fun
 5:30 A Jazzman's Blues

9:30 Get Moving Cardio **10**
 10:00 Meet For News and Coffee
10:30 His Faithful Word
 1:30 Sweet Treat Tasting
 2:00 The Deuce Game
 2:30 The Hope Diamond
 3:30 Name That Service Song
 5:30 Love In the Villa

9:30 The Cardio Workout **17**
 10:00 Following The Chronicle
10:30 Our Daily Prayer
 1:30 Spiritual Dalai Lama
 2:00 The Dominoe Crew
 2:30 Worlds Oldest Bread
3:30 Harvest Mixer and Tortes
 5:30 Ferris Bueller's Day Off

9:30 Jam and Cardio **24**
 10:00 The Chronicle Fun
10:30 Thankful and Grateful
11:00 Thanksgiving Feast
 1:30 Fall For Jenga
 2:00 Domino Big Six
 2:30 Free the Turkey
 3:30 The Giants and Cowboys
 5:30 Dianna The Musical



9:30 Move and Groove **4**
10:00 Angel's Attic and McDonald's
 10:15 Daily News Update
10:30 Our Sweet Devotions
 1:30 Will Rogers' Story
 2:30 The Game of Chance
3:30 Sing That Tune
 5:30 The Harder They Fall

9:30 Pump Up the Work Out **11**
10:00 Kohl's Shopping Trip
 10:15 The Daily Chronicles
11:00 Our Powerful Words
11:30 Salute to Veterans Lunch
 1:30 The Lucky Winner
2:00 Thank a Vet Ceremony
3:00 Move with the Music
 5:30 Theater Time: Dunkirk

9:30 The Stretch Challenge **18**
10:00 Tanger Outlet Mall
 10:00 Getting Our News
11:00 Let's Inspire One Another
 1:00 Recycle, Reduce, Reuse
 1:30 Call It Out
 2:30 All Girls are Princesses
3:00 Sweet Musical Memories
 5:30 A River Runs Through It

9:30 Heart Pumping Stretch **25**
10:00 Farmer's Market Picnic
 10:15 Coordinator and a Chronicle
10:30 Devotions We Love
 11:00 Native American Culture
1:30 The Disney Monopoly
 2:30 The Numbers Game
3:00 Melodies and Moves
 5:30 The Red Notice

9:30 Strengthen and Stretch **5**
 10:00 The Chronicle Gathering
 10:30 The Illegal Vote
 1:30 Cook For a Dog
 2:00 Play Bridge with Us
 2:30 Exploring Music with Nat King Cole
 3:30 All About Owls
 5:30 Get On Up

9:30 Meditation Made Easy **12**
 10:00 Coffee and Conversation
 10:30 Chicken Soup for the Soul
 1:30 Princess of Hollywood
 2:00 Calling Bridge Players
 2:30 You've Got Mail
 3:30 Top Brain Busters
 5:30 The Yes Day

9:30 Morning Yoga Anyone? **19**
 10:00 Calling All News Lovers
 11:00 Relaxing Yoga Poses
 1:30 The Gettysburg Address
 2:00 Game On: Bridge
 2:30 All Male Marathon
 3:30 Eyelash Sleep Mask
 5:30 When Harry Met Sally

9:30 Move With the Beat **26**
 10:30 The News of the Day
 11:00 Here's Looking at You
 1:30 King Tut's Tomb
2:00 The Game is Bridge
 2:30 Does it Have a Name?
 3:30 Brain Busting Game
 3:30 Brain Busting Game
 5:30 Single All the Way

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
 B C T Y R E T A E W S H T P D R R T L A N
 L R V I G O B B L E O A D S N U U T R C E
 A A A S A S Q U A T C H S E T N P S E M A
 C H G R A T I T U D E E G R A T I T U D U
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 F B L A C K F R I D A Y I B D K R U T N E
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 U P F O O T B A C E S A C F O O T B A L L
 E K S V R R A F A D A R E A U S R W P I C



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.



Self-Portrait, Claude Monet, 1886

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.



Photos courtesy of Wikipedia Public Domain

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

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