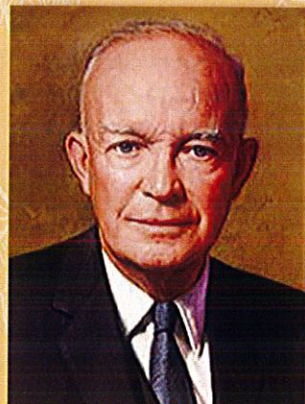




Notable Quotable

"Neither a wise man nor a brave man lies down on the tracks of history to wait for the train of the future to run over him."

~ Dwight D. Eisenhower, U.S. president



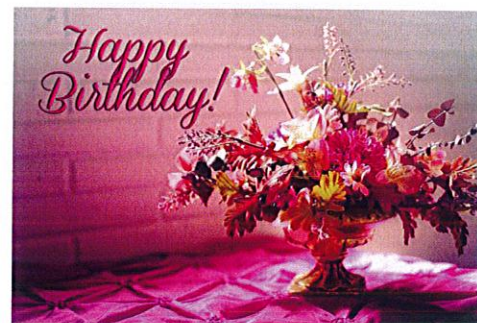
November Horoscopes and Birthdays

If you were born between November 1–21, your astrological sign is Scorpio. Scorpions are powerful investigators who keep up on the comings and goings of their peers, take control, and lead the way to positive success.

Those born between November 22–30 are Archers of Sagittarius. Archers are exciting and independent. Their positive attitudes, great sense of humor, and kind hearts make them good friends. But get ready for an

earful—Archers often also speak their minds. Happy Birthday to our Residents born this month and they include:

Sihn Vo: 11/19



Talkin' Turkey and Chickens

Urban and suburban chicken-keeping has taken off in recent years, with folks raising hens not just for fresh eggs but also for their quirky personalities and surprisingly therapeutic company. You don't need a full farm—just a small coop, a little space, and a willingness to embrace a bit of daily chicken drama.

Turkeys are the customary Thanksgiving centerpiece, but more people are switching things up these days, serving roast chicken, Tofurky, or lasagna layered with roasted squash. Whether you prefer a traditional meal or trying something new, the spirit of the holiday isn't in the bird—it's in the gathering.

Full Steam in Small Scale

November is Model Railroad Month, and boy, have model trains come a long way!

In the earliest days of model trains, there were no standardized scales. Serious hobbyists and manufacturers eventually teamed up to produce officially scaled trains and parts, allowing modelists to create vast layouts that mirror real places and historical periods to scale to the tiniest detail. Different scales call

for different layouts. HO scale is the most popular, with cars often no longer than a pencil. This makes HO-scaled trains perfect for indoors. G-scaled trains are larger and more durable, so they are great for outdoor garden exhibits. O-scale trains fall right in the middle; they are large enough to highlight detail and small enough for children's hands. That's what makes the O-scale the classic choice to run 'round the Christmas tree.

The Northglenn Heights Lifestyle

November 2025

Community Leadership

Sharon Juarez
Executive Director

Nellie Otero
Marketing Director

Abigail Brefo
Assisted Living Director

Rachael Ortega
Business Office Manager

Shannon Steele
Culinary Director

Shreya Panwala
Activities Director

James Neal
Maintenance Director



Northglenn Heights
Memory Care Community,
11475 Pearl Street, Northglenn, CO 80233
Ph: 1-303-452-0501



Happy Thanksgiving

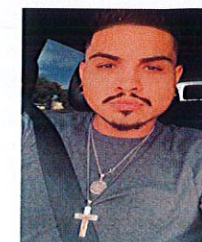


Dear Residents and Families, we are excited to invite you to our Thanksgiving Lunch on Thursday November 20th, from 12-1:30 PM with music! This is a wonderful opportunity to get together and celebrate the holiday with good friends with good food and great company. To help us prepare, please RSVP by Thursday, November 13th at 303-452-0501. We look forward to celebrating with you! Warm Regards-
Sharon Juarez
Executive Director



To pay tribute to our respective community veterans, our community staff is very excited and happy to invite the Captain of Honor guards and his team from the American Legion Post 22, to conduct the Veterans Day Ceremony on Friday, the 7th of November 2024, from 1:30 pm to 2:30 pm. We are very thankful to all the Legion staff. Family members are encouraged to come and pay tribute to our community Veterans.

Employee of the Month



Jessie DeLeon

"Congratulations on being named as the Employee of the Month. This recognition is a testament to your hard work and dedication. Keep up the great work!"

Name of the Month

What is it about the name Rogers in November? The name is shared by many celebrities born this month. There's Will Rogers, one of the most famous satirists of the 1920s and 1930s; he was born November 4, 1879. Roy Rogers, the famous singing cowboy and actor, was born November 5, 1911. Kenny Rogers, the baseball pitcher who once pitched a perfect game, was born November 10, 1964. George Rogers Clark, the American Revolutionary War general known as the "Washington of the West," was born November 19, 1752. Baseball pitcher Buck Rogers was born November 5, 1912. If you know anyone who's expecting a baby in November, suggest Rogers. It just may be the perfect name for a November baby.

Witty Words at Play

If I've told you once, I've told you a thousand times that November 3 is Cliché Day. Don't let the mention of another foolish holiday get your goat. Only time will tell whether this holiday stands the test of time.



"Get your goat" is often used in sports talk to describe how players or fans are provoked by rivals.

The term *cliché* has come to mean "an overused or unoriginal expression." But the French word *cliché* is actually an onomatopoeia: it's the sound a printing plate makes as it lays its ink on paper in the printing process.

In time, the printing plate itself became known as a cliché. Later, as a tribute to the repetitive process of mass printing, the term *cliché* came to refer to any oft-repeated expression.

Are you sick and tired of Cliché Day already but still thirsty for more word-related revelry? November 8 is Abet and Aid

Punsters Day, a day to support anyone daring enough to drop a pun. Clever punsters must rely entirely on wordplay to get a laugh, sometimes using a word or phrase that sounds like another:

"Police were called to a daycare where a three-year-old was resisting a *rest*."

Or with a word that has more than one meaning:

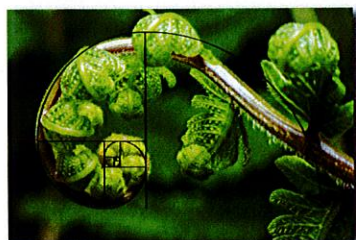
"I used to be a banker but I lost *interest*."

And "Tom Swifties" relate certain words to others in a creative and punny way:

"I need a pencil sharpener," said Tom *bluntly*.

Whether you love them or loathe them, clichés and puns alike show that words, however worn, can still pack a punch.

Nature's Favorite Sequence



The Fibonacci sequence is found in classical music, where it is used to structure rhythms or movements.

Fibonacci Day is celebrated on November 23 (11/23), a date that matches the start of the famous Fibonacci sequence: 1, 1, 2, 3. Each number in the sequence is the sum of the two before it. When squares with sides the length of Fibonacci numbers are next to each other, a spiral can be drawn through their corners. This pattern shows up everywhere—from pinecones and sunflowers to galaxies and hurricanes.

Named after Italian mathematician Leonardo of Pisa (aka Fibonacci), the sequence dates to the 1200s but still fascinates math lovers today. On Fibonacci Day, some people bake spiral-shaped pastries or decorate with Fibonacci-themed art. This November 23, give a little nod to numbers—and maybe eat a croissant in a golden spiral.

Hybrid Hijinks



Alaskans are known to spin tall tales about the alascattalo to amuse and bewilder outsiders from the Lower 48.

What do you get when you cross a moose with a walrus? If you live in Alaska, you get the mythical hybrid animal known as an alascattalo, which is celebrated this November 21.

As strange as the alascattalo may seem, it is not the only hybrid animal that draws popular curiosity. The unfortunately named beefalo is a real cross between a cow and a buffalo. The world's largest cat is a liger, a cross between a male lion and a tigress, which can grow to

twice the normal size of its parents. Hawaii has its wholphin, a rare mix of dolphin and false killer whale. More akin to the alascattalo is Wyoming's fabulous and impossible jackalope, a mythical jackrabbit with an antelope's antlers.

Alaskans celebrate the alascattalo with the world's shortest parade. The three-minute affair occurs in an alleyway, and a prize is awarded to the smallest and least appealing float.

Whiskers for a Cause

All November long, you may notice more men than usual sporting mustaches. These guys don't call this month November; they call it "Movember"—and their mustaches are symbols to help raise awareness of men's health issues. As men grow their "mos," friends and family donate money to fund programs targeting health challenges faced by men.



Selleck's mustache was so tied to his Magnum, P.I. character that when he shaved it later in his career, it made headlines.

The Movember movement began in Australia in 2003. Since then, it has inspired more than six million new mustaches. The Movember Foundation has raised over nine million dollars to date and funded over 1,250 men's health programs around the world, aiding the fight against prostate cancer, testicular cancer, and mental health issues.

Once you've agreed to sign up, the only question remaining is what style to grow? The

American Mustache Institute details a variety of "lower nose accoutrements." The chevron, aka the Magnum, is a popular choice. It's named after Tom Selleck's character on the show *Magnum, P.I.* (left), and may be the manliest mustache.

Then there's the handlebar, which requires a touch of mustache wax. Its thin, curling edges can make you look like anything from a circus ringleader to a villain from the silent film era. The horseshoe, aka the trucker, is like a hairy horseshoe hanging over your lip and along the sides of your mouth. For a picture-perfect bleached-blond trucker, look no further than Hulk Hogan.

There are plenty of others: the Dalí, the pencil, the lampshade, the Fu Manchu, and the grand imperial. They are all impressive, and they all support men's health.