

November 2025

# Newsletter

Golden Pond Retirement Community | 1270 N Ford St. | 303-271-0430



## Celebrating November

**Aviation History Month**

**Sleep Comfort Month**

**Novel Writing Month**

**Marooned Without a  
Compass Day**  
*November 6*

**Nurse Practitioner Week**  
*November 9–15*

**World Kindness Day**  
*November 13*

**Homemade Bread Day**  
*November 17*

**International Men's Day**  
*November 19*

**Celebrate Your Unique Talent  
Day**  
*November 24*

**Thanksgiving Day (U.S.)**  
*November 27*


**Maize Day**  
*November 28*

## Celebrating Gratitude, Community, and Our Veterans

 Veterans Day Events

Veterans Day Ceremony


 Monday, November 10th

 1:00 PM


Join us as we honor and celebrate our veterans for their service and sacrifice.

Outing to Mitchell Elementary School

 Tuesday, November 11th

 Students will be performing a special Veterans Day program, and we're honored to be their guests.

As we celebrate Thanksgiving this month, we want to express our heartfelt appreciation for our residents, families, and staff. Thank you for making our community a warm and welcoming place to call home.

 Health & Wellness

Podiatry Clinic – Tuesday, November 4th  
Take care of those feet and schedule your visit early!

Lux Eye Clinic – Tuesday, November 11th  
Keeping your vision sharp and your eyes healthy.

Blood Pressure Clinic – Thursday, November 18th at 10:00 AM  
Stop by for a quick and important check-in on your health.

Hearing Clinic – Thursday, November 20th at 10:00 AM  
Ensure your hearing stays in great shape with our monthly hearing checks.

## Love the Skin You're In



As the weather turns dry and cold, those at the American Academy of Dermatology start to worry about the season's harsh effects on our skin. To encourage us all to take healthy precautions, the

academy has dubbed November Healthy Skin Month.

Protecting our skin is no small task. The skin, after all, is the body's largest organ. The average adult wears about 20 square feet worth of it! It keeps us waterproof and shields us from germs. It acts as an air conditioner when we're hot and a blanket when we're cold. It makes vitamin D, which allows our bodies to absorb calcium and strengthen our bones. One square inch of skin contains more than 70 feet of nerve fibers, making our sense of touch one of our most important senses for interacting with and understanding the world around us. With so many important jobs to do, it's no wonder keeping our skin healthy is a top priority.

The Mayo Clinic offers five easy tips for keeping skin in tip-top shape:

**1. Protect yourself from the sun.** Use sunscreen, wear protective clothes, and seek shade when the sun's rays are strongest, between 10 a.m. and 2 p.m. (Vitamins A and B3 can help counteract sun exposure.)

**2. Don't smoke.** Smoking decreases blood flow in the skin, depleting it of oxygen and other nutrients. Smoking also damages the fibers that keep skin strong and ward off wrinkles.

**3. Be gentle.** Shave in the direction your hair grows, not against it. Use gentle cleansers, avoid hot water (which can remove essential oils), and apply a moisturizer with sunscreen.

**4. Eat well.** A diet full of fruits, vegetables, whole grains, lean proteins, and vitamin C improves not just your skin but overall health.

**5. Manage stress.** Avoid breakouts by not overwhelming yourself and exercising regularly.

## The Heart Behind the Apron

Cooking the Thanksgiving feast for a large crowd often starts long before Thanksgiving Day. The day before Thanksgiving—Wednesday, November 26, this year—is a day to honor these intrepid holiday chefs and the aprons they so dutifully don. It's Tie One On Day.

Writer EllynAnne Geisel founded Tie One On Day in 1999. While writing an article about aprons, she was struck by the unique beauty of apron fabrics and design, leading her to curate a traveling exhibition featuring more than 600 aprons. She calls aprons the “armor of domesticity” and shows a true passion for the art of homemaking.

The central tenets of Tie One On Day are qualities of kindness and generosity. Geisel urges us to celebrate by wrapping some home-baked goodies inside an apron and gifting it to someone you care about. Write some kind words on a note and tuck it into the apron pocket, and your gift is bound to warm both their belly and their heart.

## 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 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, great for outdoor garden exhibits. O-scale trains fall right in the middle—large enough to highlight detail and small enough for little hands, making them the classic choice to run 'round the Christmas tree.

## 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 make your blood boil. Only time will tell whether this holiday truly stands the test of time.



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*.

Neurologist James H. Austin, author of *Zen and the Brain*, attempted to prove the inferiority of puns using MRI scans of the brain. When volunteers heard puns, they groaned—activating the left posterior *inferior* gyrus and left *inferior* frontal gyrus of their brains. Really funny jokes, on the other hand, involve the ventral part of the medial prefrontal cortex. That hard science is no laughing matter.

## Hybrid Hijinks

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 in earnest on 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. (The smaller tigon is the offspring of a lioness and tiger.) 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.

Most likely, the alascattalo is Alaska's idea of a joke. How do Alaskans celebrate? 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.

## Nature's Favorite Sequence



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 back 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.



## Employee of the Month



### Congratulations to Ayleen Lopez!

We're proud to recognize Ayleen as our Employee of the Month for November!

Ayleen consistently goes above and beyond for our residents, her kindness, dedication, and cheerful attitude make a difference every day.

Thank you, Ayleen, for your hard work and commitment to excellence!

**Wishing everyone a Happy Thanksgiving filled with joy, gratitude, and togetherness!**

## November Birthdays

### RESIDENTS:

Helen Helm - 11/01  
Barbara Ardell 11/06  
Glen Preston - 11/06  
June Sprenkle - 11/06  
Glenis Petersen - 11/09  
Alice Flood - 11/21  
Joanne Jesuale - 11/21  
Lynda Ewing - 11/24  
Sher Printz - 11/28

### STAFF:

Sarah Morris - 11/2  
Del Kunz - 11/03  
Stephy Chavez - 11/03  
Seth Reeves - 11/25

## 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 (not the country music star), 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, and the first radio broadcast of *Buck Rogers in the 25th Century* aired on November 7, 1932. If you know anyone who's expecting a baby in November, suggest the name Rogers. It just may be the perfect name for a November baby.

