

November 2023

# The Pines Times

Mount Royal Pines III | 50 E. Saint Marie St. Duluth, MN 55803 | 218-724-5500 |



## Celebrating November

**American Indian Heritage Month**

**International Games Month**

**Adopt-a-Turkey Month**

**Día de los Muertos**  
*November 1*

**Nachos Day**  
*November 6*

**World Freedom Day**  
*November 9*

**Veterans Day (U.S.)**  
*November 11*

**Diwali**  
*November 12*

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

**Thanksgiving (U.S.)**  
*November 23*

**Square Dancing Day**  
*November 29*

## Special Guest



This month we were lucky to have some special musical guests visit us! Second graders from Holy Rosary came to Pines III and sang some songs they have been practicing. After the singing they joined residents in a coloring activity. A wonderful time was had by all who participated!



## The History of Happy Hour



November 12 might be National Happy Hour Day, but on most any day of the week, you can find restaurants offering half-priced drinks and

appetizers. The first “happy hours” actually had nothing to do with cheap drinks and apps but were instead a practice initiated by the U.S. Navy to alleviate the boredom of sailors out at sea.

In 1913, a group of navy wives and homemakers who called themselves the “Happy Hour Social” organized weekly parties known as “smokers” aboard the USS *Arkansas*. These social events provided entertainment, such as boxing and wrestling matches, music, dancing, movies, ice cream, cake, and plenty of cigarettes and cigars, yet had nothing to do with alcohol. By the end of World War I, these parties were widely called “happy hours,” and the practice had spread beyond the *Arkansas* throughout the U.S. Navy.

When the 18th Amendment establishing Prohibition was passed in 1920, people were driven to drink in secret, either in their homes or in speakeasies. Before heading out to dinner or a show, people would drop into a speakeasy for an illegal late-afternoon drink. The banning of alcohol during Prohibition led to the invention of the first cocktail hours, and these cocktail hours were eventually called “happy hours,” a coded euphemism used by those wanting to skirt the law and find a place to drink.

## Volunteer at the Pines!

Volunteering is such a rewarding way to contribute to your community! If you are interested in volunteering your time please contact Cindy, our Activities Director, to see what is needed!

Big thank you goes out to our Judy and Pat – two of our awesome volunteers! Our residents and staff really appreciate all your amazing work and dedication!

The word "VOLUNTEER" is written in large, bold, block letters. Each letter is a different color: V (orange), O (green), L (red), U (blue), N (purple), T (teal), E (yellow), E (light blue), R (green).



By the end of Prohibition, the notion of a “happy hour” was cemented in the public’s imagination. By the 1960s, restaurants recognized that they could cash in on the practice and began to offer discounted cocktails and bar food as a means to lure customers. Over the decades, businesses have offered all kinds of deals: two-for-one, half-price, kids eat free, early afternoon discounts, and late-night discounts. States like Massachusetts, Indiana, and North Carolina, in an effort to rein in customers who might get too “happy,” banned happy hours altogether. But just as during Prohibition, even bans have not dimmed the happiness of a determined public.

## Let's Get Moving!

Feeling the pre-winter blues?

According to Mayo Clinic research, physical activity such as walking or participating in formal exercise helps your mood; both relieving depression and anxiety. The physical activity can be any activity that works your muscles and requires energy. This can include work, household or leisure activities.



At Pines III we hope to help you stay active and healthy with varied and enjoyable activity options. Please check your activities calendar and join your Pines III family to life your spirits and improve your physical health!

## Progressive Care Therapy

Progressive Care Therapy is a new partnership with Mount Royal Pines providing Physical Therapy and Occupational Therapy services. Our services are provided under Medicare A Home Care homebound status with HealthStar Home Health Agency as well as Medicare B outpatient community based services. We are cover most insurances for therapy services and will take the time to verify your coverage and what you may be responsible for outpatient services.

You may reach out directly to our therapy team to discuss one on one skilled therapy services. You may also call our scheduling line at (218) 313-1387 to have your insurance coverage reviewed and schedule an appointment for therapy services.

## This Day in History

**Nov 1, 1848** - The first medical school for women opened in Boston, MA

**Nov 1, 1993** - The European Union came into existence, as a result of the Maastricht Treaty

**Nov 3, 1957** - Soviet Russia launched the world's first inhabited space capsule, Sputnik II, which carried a dog named Laika

**Nov 4, 1922** - King Tut's tomb was discovered in Luxor, Egypt by British archaeologist David Carter

**Nov 8, 1895** - X-Rays were discovered by Wilhelm Roetgen at the University of Wuerzburg in Germany

**Nov 9-10, 1938** - Kristallnacht (the night of broken glass) occurred in Germany as Nazi mobs burned synagogues and vandalized Jewish shops and homes

**Nov 9, 1989** - The Berlin Wall was opened up after standing for 28 years as a symbol of the Cold War. The 27.9 mile wall had been constructed in 1961

**Nov 11, 1918** - Armistice between the Allied and Central Powers was signed, effective at 11 am - the 11th hour of the 11th day of the 11th month - ending World War I

**Nov 29, 1947** - Palestine was partitioned into Jewish and Arab land by the U.N. General Assembly, resulting in the establishment of the Jewish state of Israel the following year

**Nov 24, 1874** - Joseph Glidden patented his invention of barbed wire

**Nov 24, 1859** - Charles Darwin's book *On the Origin of Species by Means of Natural Selection* was first published, theorizing that all the living creatures descended from a common ancestor

## Activities Corner



We kept busy this month! At the beginning of the month we had a Ventriloquist visit us! Very entertaining – and not a talent you see very much of these days!

The Library joined us for another craft. Take a look at these beautiful framed paper flowers!



We also did a pumpkin painting activity and held a contest! They all turned out so cute and it was a very close call but Sally S was our winner! Congrats Sally!



Please join next month as we make these cute Christmas Countdown Plates! We'll also be making pasties - there is a sign up by the front office!



-Cindy  
Activities  
Director

## November Birthdays

### Resident Birthdays

Janet C - November 8<sup>th</sup>  
Sally S - November 11<sup>th</sup>  
Janice B - November 12<sup>th</sup>  
Maxine R - November 13<sup>th</sup>  
Beth B - November 16<sup>th</sup>  
Joan S - November 24<sup>th</sup>

### Others you may know. . .

Will Rogers (cowboy) – Nov. 4, 1879  
John Philip Sousa (conductor) – Nov. 6, 1854  
Bram Stoker (novelist) – Nov. 8, 1847  
RuPaul (drag queen) – Nov. 17, 1960  
Joe DiMaggio (athlete) – Nov. 25, 1914  
Tina Turner (singer) – Nov. 26, 1939



**Birthflower:** Chrysanthemum

**Birthstone:** Topaz

## November Birthdays

In astrology, those born from November 1–21 are Scorpio's intense scorpions. Scorpions seek deep connections and nurture deep empathy and commitment. Those born from November 22–30 are Archers of Sagittarius. The Archers have a unique blend of passion, curiosity, and adaptability. Bold travelers, they are unafraid to explore and conquer new terrain.