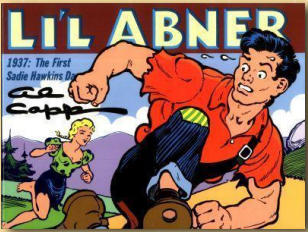




Notable Quotable

“I will never give in to old age until I become old. And I'm not old yet!”

~ Tina Turner, singer and “Queen of Rock ‘n’ Roll”



November Horoscopes and Birthdays

In astrology, those born from November 1–21 are Scorpio’s intense scorpions. Those born from November 22–30 are Archers of Sagittarius.

Garnett, J 11/2
Chokwuma, B 11/4
Powell, N 11/9
McCalla, E 11/9
Scully, H 11/11
Oppong, J 11/12

Ford, P 11/14
Council, L 11/14
Scott, E 11/15
Santoni, F 11/16
Lee, T 11/16
Rodriquez, T 11/19
Schuartperez, B 11/20
Ramsamujh, C 11/26
Jordan, E 11/27
Defense, W 11/27

The Game Is Afoot (cont. from pg. 1)

the most dominant civilization. But designers now offer plenty of games where players must cooperate to win the day. *Pandemic* pits players against the outbreak of various diseases, *Mysterium* requires solving a mystery and a ghost story, and *Robinson Crusoe* forces players to survive together on a deserted island. And then, of course, there is the mother of all tabletop games, *Dungeons and Dragons*, where players assume the identity

of a group of fantasy heroes, playact their decisions.

Whether games are competitive or cooperative, they often force us to face challenges and solve problems together. Faced with challenges, the strongest and most vulnerable parts of our personalities shine through, revealing who we truly are to the players around the table. Win or lose, games provide plenty of laughter, levity, and togetherness.

Ladies’ Choice

Sadie Hawkins Day on November 13 gets its origins from Al Capp’s comic strip *L’il Abner*. Sadie Hawkins was the daughter of Hekzebiah Hawkins, one of the founders of Dogpatch, the comic’s fictional setting. Sadie was unlucky in love and destined to become a spinster. On November 15, 1937, the comic depicted Hekzebiah declaring a “Sadie Hawkins Day,” a day when all the eligible bachelors of Dogpatch would participate in a footrace against Sadie. Whichever man she caught would have to marry her.

In November of 1938, Capp revived the storyline. Soon, college campuses across the country began celebrating Sadie Hawkins Days of their own, with young women chasing men across campuses. Over the years, Sadie Hawkins Day has become a day where women ask men on dates, or, at Sadie Hawkins Dances, girls ask boys to dance. While the unofficial holiday often falls on November 13, Capp himself used his last *L’il Abner* comic to set November 26 as the “official” holiday.

Eastchester Rehabilitation & Health Care Center

November 2023

2700 Eastchester Road
Bronx, NY 10469



Celebrating November

International Games Month

Adopt-a-Turkey Month

Día de los Muertos
November 1

Veterans Day (U.S.)
November 11

Diwali
November 12

Rock Your Mocs Day
November 15

International Men’s Day
November 19

Thanksgiving (U.S.)
November 23

Square Dancing Day
November 29

The Game Is Afoot

As friends and family gather together during the third week of November to celebrate Thanksgiving, they will have another holiday to celebrate: Game and Puzzle Week. This weeklong holiday is designed to inject some old-fashioned fun and games into a holiday that is often dominated by eating and watching television.

Despite our preoccupation with digital screens, board games are currently enjoying a “golden age” of popularity. In 2021 alone, tabletop games earned a whopping \$13.4 billion worldwide. Designers are developing plenty of innovative, creative, strategic, and beautiful games for our

enjoyment. Most importantly, however, these tabletop games deliver something that a screen cannot: a shared social experience.

There are plenty of competitive games where one winner comes out on top: *The Settlers of Catan* rewards the player with the most advanced settlement, *Ticket to Ride* the most extensive rail network, and *Seven Wonders* the

(cont. on pg. 4)



Sandbox Artistry

The Siesta Key Crystal Classic, America’s premier sand sculpting competition, will be held from November 11–13 on the island of Siesta Key, near Sarasota, Florida. This is no regular day at the beach. The sand sculptors are magnificent artists able to sculpt sand like the Renaissance artists of old. Just how do they do it? Professionals often have access to tools that common beachgoers do not. This starts

with massive wooden forms used to create giant bricks of wet, compacted sand. More water often means better sand for carving. Next, professionals get creative with their tools. A margin trowel, the kind used to set mortar or lay tile, is common, but some pros resort to forks, knives, credit cards, horse combs, or straws—anything that will work. The final and most important ingredient is creativity!

Highlights from October

Residents and staff showcased their artistic creativity this past month. The Rehabilitation department won the pumpkin decorating contest.

