Newsletter
November 2026

Village Apartments



Daylight Savings Time Ends

On Sunday, November 1, 2026, Daylight Saving Times Ends.
Please turn your clocks back one hour before going to bed on Saturday night.



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November Trivia

November is considered a transitional month around the globe. Depending on where you live, you might begin to welcome hints of winter…or of summer.

Zodiac signs: **Scorpio & Sagittarius**

Birthstone: **Topaz & Citrine**
Flower: **Chrysanthemum**

Quote of the Day

Joy is the simplest form of gratitude.

-- Karl Barth

November Birthdays

In November, we celebrate birthdays with:

Nov. 8 – Alice L.
Nov.14 – Maggie P.
Nov.15 – Elleonora D.
Nov. 19 – Sandrene M.
Nov. 19 – Lewis S.
Nov. 21 – Linda M.
Nov. 29 – Albin K.



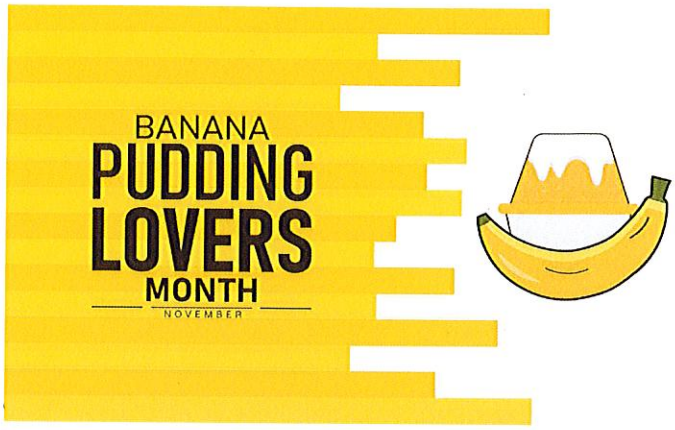
Vivien Leigh, Actress, 5th November 1913
Richard Burton, Actor, 10th November 1925
Grace Kelly, Actress, 12th November 1929
Charles, Prince of Wales, 14th November 1948
Rock Hudson, Actor, 17th November 1925
Bo Derek, Actress, 20th November 1956
Goldie Hawn, Actress, 21st November 1945
Bruce Lee, Actor & Martial Artist, 27th November 1940
Winston Churchill, Prime Minister, 30th November 1874
Mark Twain, Writer, 30th November 1835

Scorpio (Nov 23 – Nov 22)
Competitive, passionate, independent, and unafraid to blaze their own trail no matter what others think.

Sagittarius (Nov 23 - Dec 21)
Sagittarians are artistic, loyal, sophisticated, independent, and kind!

Birthday Spotlight: Music Was Never the Same

On November 6, 1854, American conductor John Philip Sousa was born in Washington, D.C. Sousa was best known for his rousing marches, forever changing the music scene. Perhaps you have heard of a few of his tunes, like *Stars and Stripes Forever* or *El Capitan.*



November is Banana Pudding Lovers Month was established in 2011 by the Rodgers family, owners of the Rodgers' Puddings company, based in Chesapeake, Virginia.

They created this month-long celebration to share their love of banana pudding and to help people make new memories centered around this comforting dessert. It offers a nostalgic reminder of childhood treats and encourages families to bond over homemade banana pudding.

Each November, banana pudding enthusiasts across the country indulge in various forms of this dessert, from classic Southern style to creative modern twists.

This celebration is about enjoying banana pudding, exploring its versatility, and experimenting with new recipes.

Banana Pudding Lovers Month also highlights the unique charm of banana pudding, often enjoyed with Nilla Wafers and topped with whipped cream or meringue. It celebrates the rich history and cultural significance of this dessert, which has roots in the American South.

The month is a great time to appreciate banana pudding's delicious, nutritious qualities, making it a beloved part of many family gatherings during the holiday season.





Seasonal Flu Prevention
Source: www.flu.gov

Seasonal flu is a contagious respiratory illness caused by flu viruses. It spreads between people and can cause mild to severe illness. In some cases, the flu can lead to death. In the United States, flu season occurs in the fall and winter. Seasonal flu activity usually peaks in January or February, but it can occur as early as October and as late as May.

Most experts believe that you get the flu when a person with the flu coughs, sneezes, or talks and droplets containing their germs land in your mouth or nose. You can also get the flu by touching a surface or object that has the flu virus on it and then touching your mouth, eyes, or nose. Flu-related complications include pneumonia and dehydration. Illness from seasonal flu usually lasts one or two weeks.

Who is at risk?
Some groups are more likely to experience complications from the seasonal flu, including:

- Seniors (those age 65 and older)
- Children (especially those younger than 2)
- People with chronic health conditions

Vaccination is the best way to protect yourself from the flu. There are additional steps you can take to keep yourself and your family healthy this flu season.



6 MONTHS+

- Everyone 6 months of age and older should get vaccinated against the flu.

TAKE PRECAUTIONS

- Take everyday precautions, like washing your hands, to protect your health.

ANTIVIRAL MEDICATIONS

- If you are exposed to or caring for someone with the flu, talk to your doctor about preventive antiviral medications.

BREAD FOR BREAKING AND BAKING



This November, there are a variety of holidays that encourage the gathering of families and friends: Día de Muertos in Mexico, Diwali in India, Thanksgiving in the United States, Saint Andrew's Day in Scotland, and many others. These holidays offer the perfect opportunity to "break bread" with loved ones. While many will literally be breaking bread at their feast tables, the expression "break bread together" denotes sharing more than just food, but also feelings of love, trust, and togetherness.

Many believe that the phrase "breaking bread" originated in the New Testament of the Bible, where Jesus broke bread and shared it with his apostles during the Last Supper. It was this Scriptural sharing of bread that provides the basis for the Eucharist, or "Holy Communion." However, the ritual breaking of bread dates back to before the Last Supper and has a long Jewish history, a history with which Jesus, as a Jew, was familiar. The Jewish ritual of Shabbat involves breaking bread. Indeed, according to laws given to Moses by G-d, 12 breads were supposed to be placed in the Tabernacle each Sabbath. It is from these Jewish traditions that we get the expression "breaking bread."

As luck would have it, Homemade Bread Day falls on November 17, offering a chance for novice and expert bakers alike to try baking their own bread. When we think of bread, we mostly think of yeast breads, which must be allowed to rise and rest before baking. Quick breads, on the other hand, rise with the help of leavening agents like baking powder or baking soda, so there is no need to wait for the yeast to work. Regardless of your leaven, baking homemade bread fills the house with wonderful smells that are bound to attract a crowd. Challah is the traditional Jewish Sabbath loaf, a portion of which was separated as a gift for the *kohanim*, or priests. A yeast bread with honey-sweetened and egg-enriched dough, challah makes a light, tender loaf that is golden brown. The braided loaf looks like intertwined arms, symbolizing love or the interlocked principles of peace, truth, and justice. Its 12 humps recall the 12 ritual breads meant for the Tabernacle and the 12 tribes of Israel. With such a storied history, it is easy to see how sharing bread has come to symbolize a nourishing meal for both the body and the spirit.



What is the appeal of the mason jar? It conjures rustic romanticism and good, homemade food. Some even say that it captures summer in a jar, to be uncapped and enjoyed in the long, cold winter. Perhaps you'll even be inspired to preserve something tasty in a jar yourself on November 30, Mason Jar Day.

John L. Mason didn't set out to become famous when he invented the mason jar on November 30, 1858. In fact, he didn't invent the jar at all but rather the unique two-piece metal screw cap. Mason was, after all, a tinsmith, so he was well-versed in the utility of metal. Heat-based canning as a method to preserve food was common in kitchens prior to Mason's invention. The one problem common to this type of preservation was a faulty seal. As soon as air entered the jar or can, food began to spoil. Mason's airtight lid solved that problem beautifully, advancing the efficiency of the canning process. While his airtight lid kept food fresh, the clear glass jar made the contents appetizing.

The most popular mason jar manufactured today is the ubiquitous Ball brand jar. Ball jars were first manufactured in 1884, and today, they are created at a rate of 17 jars per second. Not only is the glass favored over plastic jars made with synthetic chemicals, but these jars are also appreciated for their versatility. A mason jar is no longer singularly used to preserve foods like jam or pickles; the jars are also used as soap dispensers, planters, vases, and drinking glasses—not just for moonshine but for trendy cocktails.

A mason jar is as authentic a piece of Americana as a cowboy hat. Collectors even seek out rare and valuable mason jar specimens. The Universal jar is worth thousands. Produced in Buffalo in 1937, only 50 were ever manufactured. Even more highly prized is the extremely rare Buffalo jar made in amber glass by the Ball company, of which only four are known to exist. From the mundane to the magnificent, mason jars have captured both food and the public's imagination for over a century.



Veterans selflessly serve their country, often putting themselves in harm's way to defend the freedoms we all enjoy.

Veterans Day is celebrated to honor and thank those who served in the United States Armed Forces. Veterans Day is also an opportunity to acknowledge the courage and dedication of veterans' service to our country.

Veterans Day is always observed on Nov. 11, no matter what day of the week it falls on. It is a federal holiday, so many government offices, schools, and businesses close. If Veterans Day falls on a weekday, many communities choose to host their events the weekend before or after.

At the national level, the Arlington National Cemetery recognizes Veterans Day with a wreath-laying ceremony at the Tomb of the Unknown Soldier. Typically, the president or an appointed representative will lay the wreath on this day.

Across the country, smaller towns and communities host events, including flag-raising ceremonies, moments of silence, and tributes at local veterans' memorials. Schools often organize special assemblies to educate students about the significance of Veterans Day and the service of military members. Businesses may offer discounts or free services as a token of appreciation.

Ways to Thank a Veteran on Veterans Day

A heartfelt thank you or a personalized note or card are thoughtful ways to show a veteran how much you appreciate their sacrifices. "I think in most cases, veterans are humble, and a simple thank you is more than enough," said U.S. Marine Corps veteran David Daly.

Some veterans feel that going beyond the traditional 'thank you for your service' can add more meaning. "A better thing to say might be, 'Thank you for my freedom,'" said Tina Waggener, U.S. Army veteran. "Or 'Thank you for serving when I couldn't.' Or 'Thank you for sacrificing your freedom so I can have mine."'





National Zinfandel Day – November 18

Zinfandel Day is a lively celebration dedicated to one of the most versatile grapes in the wine world. This special day brings wine lovers together to enjoy the rich and diverse flavors of Zinfandel. Known for its adaptability, Zinfandel wines range from light and fruity to bold and spicy, making it a favorite among many wine enthusiasts.

Zinfandel Day recognizes and appreciates the unique qualities of this grape. Zinfandel boasts features that allow it to produce a variety of remarkable wine styles. From robust red wines to sweet rosés, there's a Zinfandel for every palate.

This day is also a time for wine lovers to connect, share their love for Zinfandel and participate in tastings at local wineries or at home with friends and family.

Zinfandel Day also highlights the heritage and cultural significance of the grape, particularly in regions like California. Celebrating this day means acknowledging the grape's contribution to the wine industry and its historical roots.

Whether through enjoying a glass at a favorite wine bar, pairing it with delicious foods like BBQ or aged cheese, or learning more about its history, Zinfandel Day is a delightful occasion for wine enthusiasts everywhere.

This day highlights the significance of Zinfandel in winemaking, emphasizing its adaptability and the joy it brings to wine lovers worldwide.



HAPPY World Hello Day

World Hello Day 2026 will be observed on **Saturday, November 21, 2026**. Celebrated annually on November 21, the occasion highlights the importance of personal communication, friendship and peaceful dialogue. The central idea is simple: a friendly greeting can open the door to meaningful communication and help create greater understanding between people. Unlike many internationally recognized observances, World Hello Day is a secular, unofficial observance. Its message is nevertheless universal—encouraging people to communicate with one another rather than allowing disagreements to become conflicts.

World Hello Day is an annual observance designed to demonstrate how communication can contribute to peace. Participants are traditionally encouraged to greet **at least 10 people** on November 21. These can include family members, friends, colleagues, neighbors or even people they do not normally interact with. The simple act of saying "hello" represents a much bigger message. It encourages people to cross social and cultural barriers, begin conversations and recognize the importance of human connection.

Why Is World Hello Day Important?

The importance of World Hello Day lies in its straightforward message: **peace can begin with communication**. A greeting may appear insignificant, but it can create an opportunity for people to interact, understand one another and overcome social barriers. In an increasingly connected world, communication takes many forms, including face-to-face conversations, phone calls, messages and social media. Yet misunderstandings can still arise when people do not communicate openly. World Hello Day encourages everyone to take a small step toward connection.

This occasion also reminds people that peace is not only the responsibility of governments and international organizations. Individuals can contribute through everyday actions such as listening respectfully, starting conversations and showing kindness.

The message behind World Hello Day remains relevant because meaningful communication is essential for building relationships. A greeting can be the first step toward a conversation, while conversation can create opportunities for understanding.

The day therefore encourages individuals to look beyond differences and make an effort to connect. Even when a "hello" does not immediately solve a disagreement, it can signal openness and goodwill.



Thanksgiving Day is a harvest festival and national holiday that brings people together to share a feast in gratitude for the year's blessings.

Thanksgiving is a yearly holiday marked by feasts and family gatherings. The day is celebrated in the United States, Canada, and other countries. It takes place on the fourth Thursday in November in the United States. In Canada it occurs on the second Monday in October. Both countries celebrate Thanksgiving with turkey feasts. In the United States, Thanksgiving Day parades and football games have become important traditions as well.

The tradition of celebrating Thanksgiving dates back to the 1600s. The Pilgrims of the Plymouth Colony held the first Thanksgiving in 1621. They had landed in America on their ship, the *Mayflower*, in December 1620. Only half of them survived that first winter. The next year, an Indigenous group called the Wampanoag helped the colonists learn to grow crops. That fall the harvest was good, and the Pilgrims had a gathering to celebrate. They did not invite the Wampanoag. The Wampanoag heard of the feast, though, and brought more food. The two groups then shared a feast that lasted for three days.

Sarah Josepha Hale, the editor of a popular women's magazine, led the effort to have Thanksgiving become a national celebration in the United States. In 1846 she started sending letters to important politicians in order to achieve her goal. Finally, in 1863, President Abraham Lincoln proclaimed a national day of Thanksgiving. In December 1941 Congress officially named the fourth Thursday in November as Thanksgiving Day.

Happy Thanksgiving to you and your family!

Manager's Corner





To all our Residents, Family Members and Friends,
Have a Happy and Healthy Thanksgiving.

A Bunch of Hot Air

Is there any bigger spectacle than the Macy's Thanksgiving Day parade marching down Broadway in New York City? And this big spectacle requires big balloons to capture the attention and dazzle the imagination of millions of onlookers.

The Thanksgiving Day parade did not always boast larger-than-life balloons. The first parade was held in 1924 when R.H. Macy & Co. decided to celebrate the opening of its new flagship store on 34th Street in Manhattan. This massive parade was not meant to celebrate Pilgrims and a feast of turkey but to usher in the Christmas shopping season. During its first three years, the parade featured live animals from the Central Park Zoo, including tigers, elephants, camels, and donkeys. However, the children lining Broadway were so scared by these beasts that parade organizers decided to feature some "lighter" entertainment: giant balloons in the shape of beloved cartoon characters.

The first inflatable star of the Macy's Thanksgiving Day Parade was Felix the Cat, the preeminent cartoon megastar of the silent era. In those early days, the balloons were built by the Goodyear Tire and Rubber Plant Company. They were not filled with helium but with air, and wranglers propped them up with long sticks. In 1929, balloons were filled with helium and wranglers had to both wrestle the gargantuan cartoons and keep their own feet firmly on the ground. Between 1929 and 1932, the balloons were released into the air at the finish of the parade. They could float to the ground anywhere in Manhattan, and the lucky ones who found them needed only to return the tag attached to the lost balloon to Macy's for a $25 gift certificate. For over 90 years, balloons have floated through New York's skyscraper canyons. Felix the Cat has stepped aside for Raggedy Ann, Popeye, Snoopy, and current favorites like Iron Man and Pikachu, but the sense of wonder these balloons inspire carries on.





Laughing Matters



A little old lady sold pretzels on the street corner for fifty cents each. Every day, a young lawyer would exit his office building at lunch, and as he passed her pretzel stand, he'd leave two quarters. However, he never took a pretzel.

This went on for nearly five years.

Even though they never spoke, every day he'd leave fifty cents, they'd make eye contact, and she would nod her gratitude as he walked away without a pretzel.

Finally one day, as the lawyer passed her stand and laid down his two quarters, the pretzel woman spoke to him.

"Sir, I appreciate your business. You are my best customer, but you need to know something. The price of pretzels has gone up to seventy-five cents."

A man goes to a job interview and presents himself well. The interviewers are really impressed by how professional he is.

"Wow! You have an amazing resume and you present yourself fantastically but you seem to be missing 5 years on this part of your resume, what happened there?" asked an interviewer.

"Oh that's when I went to yale" says the man and the interviewers are even more impressed and offer him a job on the spot.

The man shows his gratitude by saying "Thank you for the yob!"

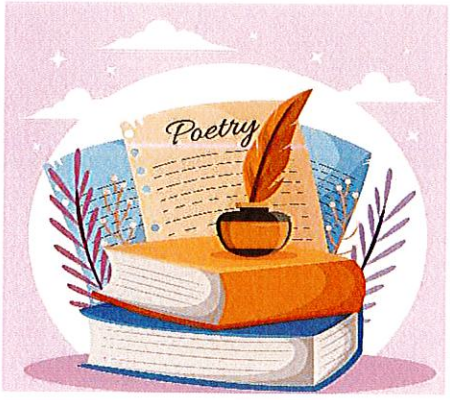
Poem to Share

In Every Gesture

On this day of gratitude, we pause to see,
The countless gifts that come so free.
From the warmth of a smile to a gentle touch,
It's the little things that mean so much.

We're grateful for the love we share,
For moments of joy and the people who care.
For the lessons learned through trials and strife,
For the simple pleasures that enrich our life.

Let's carry this gratitude in all we do,
And spread kindness and love the whole year through.



Word Search

CLASSIS TV SERIES WORD SEARCH



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

Bewitched
Happy Days
Alf
Golden Girls
Get Smart
Brady Bunch
Star Trek
Dallas
Macgyver
Lassie
Waltons
Matlock
Cheers
Seinfeld
Mister Ed
Mash
Simpsons
Full House
Roseanne
Jetsons

Thanksgiving Word Scramble

Unscramble the Thanksgiving words and then use the highlighted letters to form the secret message. You will have to unscramble the message as well.

ICUONROPCA

ETRSHVA

MEVRNOEB

ILIGPMR

KUTEYR

BCNERRRAY

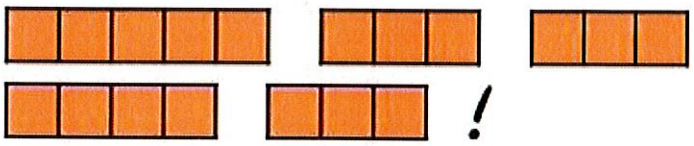
YRAOMEFWL

TMOLPYUH

AYHLIOD

GWNMPAAAO

INKPMUP



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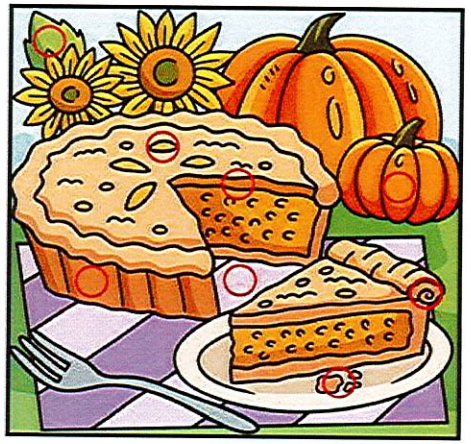
Find 8 differences







November 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 DAYLIGHT SAVINGS TIME ENDS – TURN OUR CLOCKS BACK ONE HOUR	2 1:30 Mahjong	3 10:15 SHOPRITE, WO 1:15 TRADER JOE'S, RT. 10	4 3:00 Knitting Club 7:00 Canasta	10:15 SHOPRITE, WO 5 1:15 TJ MAXX & DOLLAR TREE IN LYNDHURST 3:00 Movie 7:00 Bingo	6 1:30 Religious Services	7 Happy Saturday !! 7:00 Game Night
8 Happy Sunday !!	11:00 Tai Chi w/ Bill 9 12:15 - Meet & Greet the Rabbi for the Village Apartments 1:30 Mahjong 5:15 FRIENDS OF SO LIBRARY	10 10:15 LIDL'S SUPERMARKET 1:15 TARGET, WEST ORANGE 7:00 JCHC University "The year's most important cases at Supreme Court" @ Lester – Pick up time 5:30- sign up	*VETERAN'S DAY* 11 10:30 – 12:00 - (SHIP) Coordinator for Essex County - State Health Insurance Assistance Program 2:00 CURRENT EVENTS 3:00 Knitting Club 7:00 Canasta	10:15 AMERICAN 12 DREAM MALL, EAST RUTHERFORD No afternoon trip 3:00 SO Police Dept – Pedestrian Traffic Safety 1:30 – 2:30 Traveling Library 3:00 Movie 7:00 Bingo	13 1:30 Religious Services	14 Happy Saturday !! 7:00 Game Night
15 Happy Sunday !! 2:00 Collage Class	16 1:30 Mahjong	17 10:15 SHOPRITE, LIVINGSTON 1:15 WALMART, RT. 10 5:00 Senior Advisory Committee Meeting	18 3:00 Knitting Club 7:00 Canasta	10:15 WEGMAN'S, 19 PARSIPPANY 1:15 TRADER JOE'S, MAPLEWOOD 3:00 Movie 7:00 Bingo	20 1:30 Religious Services	21 Happy Saturday !! 7:00 Game Night
22 Happy Sunday !!	11:00 Tai Chi w/ Bill 23 1:30 Mahjong 7:00 – JCHC University Drama -Book Club @ Lester – Pick up time is 5:30 pm – Sign up	10:15 ALDI'S, RT. 10 24 1:15 DOLLAR STORE RT. 10 7:00 Book Club	25 2:00 CURRENT EVENTS 3:00 Knitting Club 7:00 Canasta	Happy Thanksgiving! 26 No trips or activities today Office Closed	Office Closed 27 1:30 Religious Services	28 Happy Saturday !! 7:00 Game Night
29 Happy Sunday !!	1:30 Mahjong 30 7:00 Family Feud w/ Sandy	HAPPY THANKSGIVING				