Laurel Senior Center Newsletter

INSIDE THIS ISSUE:

Health Notes	2
Thanksgiving Mix & Match	3
Activity Calendar	4
Menu	5
Birthdays	6
Board Members	7

Laurel Senior Center
N. Central Avenue

PO Box 64
Laurel, DE 19956

Phone:
302-875-2536

Email:
lsc5830@comcast.net

Center Hours:
8:00 am – 2:00 pm

Director:
Mrs. Penny Duncan

Quote of the Day
"Be kind, for everyone you meet is fighting a hard battle."

Lunch Served Daily at 11:30 am



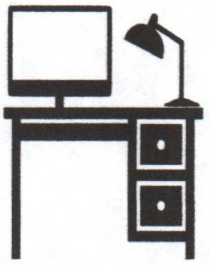
From the Desk of the Director

A Day for Giving Thanks

The exact date of the first Thanksgiving is not known. Most likely it was a day in mid-October. The year was 1621. Fifty of the 110 that had left England on September 6, 1620, had survived a long, cold, damp trip and a longer eleven months in America. Governor William Bradford proclaimed that there should be a day of Thanksgiving and it should be shared by all the colonists and the neighboring Native Americans who had helped them.

There was much for the survivors to celebrate. They were alive, they had built homes and raised enough food to store for the oncoming winter, and they were at peace with their Indian neighbors, the Wampanoag.

The celebration lasted three days. They played games, held races and marched and played drums. The Indians demonstrated their skills with a bow and arrow, and the Pilgrims showed off their



marksmanship with their muskets. Of course, there was a bountiful meal.

According to a firsthand account written by colonist Edward Winslow, four Pilgrims went fowl hunting and returned with ducks, geese, turkey, and swans. The

Native Americans brought a freshly killed deer. In fact, there was so much food that the 50 Pilgrims and 90 Native Americans feasted for three days.

The following year, 1622, the harvest was not as abundant, and newcomers to the colony meant there were more months to feed. In 1623 the summer was hot and dry. Crops shriveled in the fields. There would be no celebration. However, Governor Bradford ordered a day of fasting and praying. It worked. Rain came. So, on November 29, 1623, the day of Thanksgiving was proclaimed. Many believe this day to be the real first Thanksgiving. The traditions and customs that evolved over the years certainly date back to what took place on these three days in October in 1621.

In 1817 New York adopted Thanksgiving Day as an annual custom. Other states soon did the same. In 1863 President Lincoln appointed a National Day of Thanksgiving as have all Presidents since. It is traditionally the fourth Thursday in November. That makes the next day, Friday, the busiest shopping day of the year. Many Americans begins their Christmas shopping that day and retailers offer many bargains to lure as many buyers to their establishments as possible. In New York City, Macy's Department Store holds its annual parade that is attended by thousands and viewed by millions. It is also a day and weekend of football games. Of course, just like the colonists and Native Americans, many of us overeat.

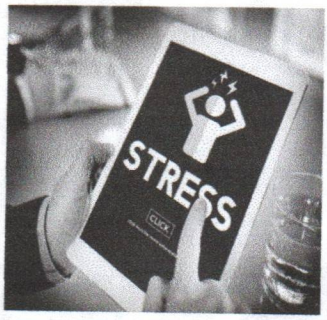
Zodiac sign: **Scorpio & Sagittarius**

Colors: **Dark Blue & Deep Purple**

Gemstones: **Topaz & Citrine**

Flowers: **Chrysanthemum**

Health Notes: November Awareness Month



Stress Awareness Month

International Stress Awareness Week 2026 is a annual event dedicated to raising awareness about stress, its impact on mental and physical health, and the importance of stress management. This week-long campaign seeks to educate individuals and organizations about stress-related issues and provide resources and strategies for coping with stress in healthy ways. International Stress Awareness Week also encourages open conversations about stress and mental well-being to reduce the stigma surrounding these topics.

International Stress Awareness Week is a week-long initiative that focuses on acknowledging the prevalence of stress in modern life and promoting stress reduction techniques. It aims to create a supportive environment for discussing stress-related challenges and fostering mental well-being. National Stress Awareness Day arrives every first Wednesday in November, urging us to confront and manage the pervasive impact of stress on our lives. This day reinforces that chronic stress can impair both cognitive and physiological functions. Prioritize your mental health by learning new coping strategies and practicing mindfulness to let stress ebb away.

How to observe National Awareness Day

1. Do not worry

2. Contemplate your stress points

3.Laugh ----all day long!

4.The art of letting go

5. Tame your thoughts

6.Exhale

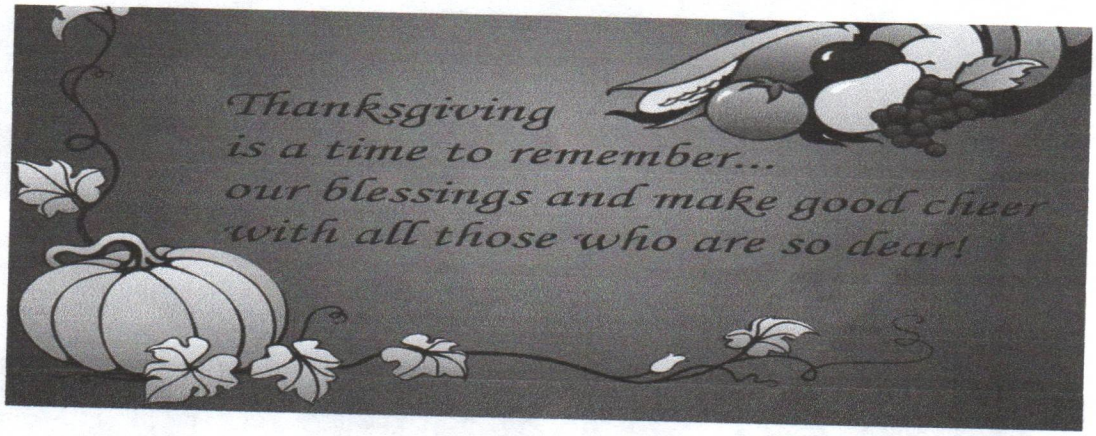
7.Stay Positive

8.Talk to a professional

Apple Dumpling

2 apples
1can Cresent rolls
1 cup of butter
2 cups of sugar
1 tsp vanilla
10 oz. Mountain Dew
Cinnamon to taste

Peel & slice apples into 8 slices. Roll 1 apple slice into each crescent roll & place into 9 by 13 pan. Bake 5-10 mins, until rolls begin to rise. Melt butter & sugar in a saucepan. Remove from heat & stir in vanilla. Pour the mixture over the rolls. Sprinkle with cinnamon. Pour Mountain Dew over rolls. Bake 350 for 15 minutes. Cover with foil & bake 10 more minutes.



STIMULI

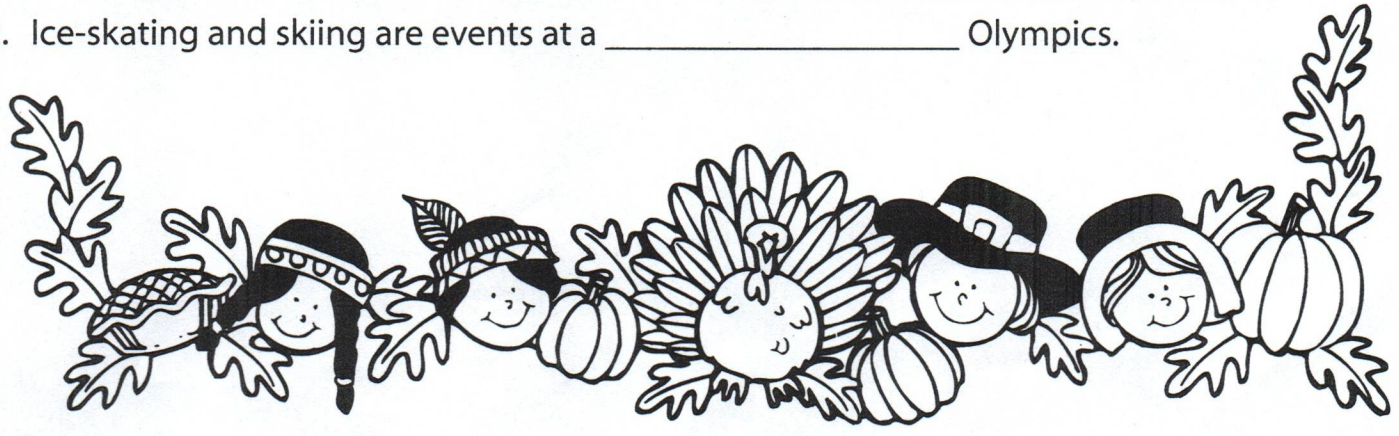
Thanksgiving Mix & Fit

Directions Part I: See if you can unscramble each of the following words. Each word relates to Thanksgiving.

1. REYTUK= _____
2. OMTHUPYL= _____
3. LOONCY= _____
4. SHATVER= _____
5. SAFET= _____
6. GRILIMP= _____
7. VONSINE= _____
8. PINKMUP= _____
9. CROPNOP= _____
10. BEERACILNOT= _____
11. RETWIN= _____
12. CRABRYENR= _____

Directions Part II: Now see if you can place each of the words you unscrambled in one of the blanks below to create a correct statement.

1. A new car that doesn't run well if often called a lemon or a _____.
2. _____ is a treat many eat when going to a movie.
3. A dark shade of the color red can be _____.
4. A popular saying is "It's either _____ or famine."
5. A _____ is the name for a group of bees living together.
6. Farmers _____ the crops in the fall.
7. Like Chevrolets and Fords, _____ used to be a type of automobile.
8. A person who wanders is sometimes called a _____.
9. _____ is the name for meat from a deer.
10. A jack-o'-lantern is carved from a _____.
11. A special occasion like a birthday is cause for a _____.
12. Ice-skating and skiing are events at a _____ Olympics.



Answers Part I: 1. turkey 2. Plymouth 3. colony 4. harvest 5. feast 6. Pilgrim 7. venison 8. pumpkin 9. popcorn 10. celebration 11. winter 12. cranberry

Answers Part II: 1. turkey 2. popcorn 3. cranberry 4. feast 5. colony 6. harvest 7. Plymouth 8. pilgrim 9. venison 10. pumpkin 11. celebration 12. Winter

Copyright © 2004 Gary Grimm & Associates

Laurel Senior Center November 2026 Activity Calendar

S	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	S
1	2 8:00 Coffee & Socializing 9:30 Walmart Shopping 11:30 Lunch 12:00 Bingo	3 8:00 Coffee & Socializing 10:00 Rummique 11:30 Lunch 12:00 Scrabble	4 8:00 Coffee & Socializing 9:00 Dominoes 10:00 Bible Study 11:30 Lunch 12:00 Delmarva Benefit Group	5 8:00 Morning Fellowship 9:00 Board Games 11:30 Lunch 12:00 Medicare Bingo Wellcare	6 8:00 Coffee & Socializing 9:30 Walmart Shopping 11:30 Lunch 12:00 Bingo	7
8	9 8:00 Coffee & Socializing 9:30 Laurel Senior Center To Bridgeville Senior Center	10 8:00 Coffee & Socializing 9:30 Walmart Shopping 11:30 Lunch 12:00 PAM - B/P- Bingo	11 **CLOSED** **Veteran's Day**	12 8:00 Morning Fellowship 9:30 Easton Market **ALL DAY OUTING**	13 8:00 Coffee & Socializing 9:30 Walmart Shopping 11:30 Lunch 12:00 Aging Program/ Ms. Chystal	14
15	16 8:00 Coffee & Socializing 9:30 Walmart Shopping 11:30 Lunch 12:00 Bingo	17 8:00 Coffee & Socializing 9:00 Games 11:30 Lunch 12:00 Craft	18 8:00 Coffee & Socializing 9:00 Rummique 10:00 Bible Study 11:30 Lunch 12:30 Roses Seaford De.	19 8:00 Morning Fellowship 10:00 Thanksgiving Feast Luncheon HAPPY THANKSGIVING	20 8:00 Coffee & Socializing 9:30 Walmart Shopping 11:30 Lunch 12:00 Bingo	21
22	23 8:00 Coffee & Socializing 9:30 Walmart Shopping 11:30 Lunch 12:00 Bingo	24 8:00 Coffee & Socializing 9:30 Georgetown Cheer Center Holiday Feast **ALL DAY OUTING**	25 8:00 Coffee & Socializing 9:00 Board Games 10:00 Bible Study 11:30 Lunch 12:00 Dollar Tree	26 **CLOSED** HAPPY THANKSGIVING	27 **CLOSED** **DAY AFTER**	28
29	30 8:00 Coffee & Socializing 9:30 Walmart Shopping 11:30 Lunch 12:00 Bingo					





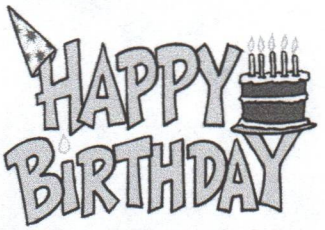
Monday	Tuesday	Wednesday	Thursday	Friday
2 4 CHEESE BAKED ZITI GF TOSSED GARDEN SALAD CHILLED PEACHES WHOLE WHEAT ROLL/BREAD SKIM MILK	3 SHRIMP TACOS SPANISH RICE SF CHUCKWAGON CORN SF SKIM MILK PUDDING	4 TURKEY TETRAZZINI GREEN PEAS APPLESAUCE SKIM MILK WHOLE WHEAT ROLL/BREAD	5 CHICKEN FRIED CHICKEN CHICKEN GRAVY SF MASHED SWEET POTATOES COLLARD GREENS WHOLE WHEAT ROLL/BREAD ICE CREAM SKIM MILK	6 CHEESEBURGER ON BUN SFLF FRENCH FRIES BAKED BAKED BEANS SF CHILLED FRUIT CUP SKIM MILK
9 POLISH SAUSAGE POTATO & CHEESE PIEROGIES CRISP RED CABBAGE APPLESAUCE WHOLE WHEAT ROLL/BREAD SKIM MILK	10 EGG SANDWICH W/CHEESE AMERICAN FRIED POTATOES STEAMED SPINACH CHILLED FRUIT CUP SKIM MILK	11 BEEF TIPS W/MUSHROOMS BUTTERED NOODLES SF PEAS AND CARROTS WHOLE WHEAT ROLL/BREAD SKIM MILK CHERRY TOP ANGEL FOOD CAKE	12 HONEY GLAZED CHICKEN BAKED SWEET POTATO HALF STEAMED BROCCOLI WHOLE WHEAT ROLL/BREAD PUDDING CUP SKIM MILK	13 CREAM OF TOMATO SOUP SFLF TUNA SALAD SANDWICH SF MACARONI SALAD SF SKIM MILK FRUIT OF THE DAY
16 3 CHEESE LASAGNA ITALIAN VEGETABLES SF WHOLE WHEAT ROLL/BREAD SKIM MILK FRUITED GELATIN	17 TURKEY CROQUETTES FRENCH STY GREEN BEANS SF CRANBERRY SAUCE FRESH BANANA SKIM MILK	18 GROUND BEEF STEW ROASTED ROOT VEGETABLES BISCUIT (DOUGH) OR TOAST CHILLED PEARS SKIM MILK	19 CHICKEN BREAST W/APPLE CURRY YELLOW RICE BROCCOLI CAULIFLOWER SF WHOLE WHEAT ROLL/BREAD SKIM MILK ASSORTED CREAM PIE	20 BROCCOLI CHEESE SOUP SEAFOOD SALAD CRACKERS MIXED GREEN SALAD SKIM MILK FRESH ORANGE
23 BEEF PEPPER STEAK MASHED RED POTATOES STEAMED CARROTS WHOLE WHEAT ROLL/BREAD SPONGE CAKE SKIM MILK	24 HOLIDAY FEAST	25 PORK TENDERLOIN DIANE BAKED SWEET POTATO HALF BRUSSELS SPROUTS SKIM MILK WHOLE WHEAT ROLL/BREAD BAKED APPLE SLICES	26 CLOSED	27 CLOSED
30 SPAGHETTI AND MEAT SAUCE ITALIAN VEGETABLES WHOLE WHEAT ROLL/BREAD ORANGE SHERBET SKIM MILK				



November Birthdays 2026

01-Sally Willow
01-Margaret Gray
01-Barbara Turner
02-Deborah Rumsley
06-Thelma Whaley
07-Ann Shine
08-Stacy Winstead
09-Allen Riggins
09-Adele Morris
12-Bonita Wilmer
13-Nancy Lowe
20-PeggyWilliams
21-Janet Windsor
23-Dave Willow
24-Janet Walker
25-Emma Coleman
25-Alfred Miller
26-Mary Jones
27-Valerie Gregg
28-Melinda Thornton
29-Janet Daly
29-Crystal Whaley

November 2026
BIRTHDAY CELEBRATIONS



We would like to wish
Heavenly Birthday to our

Regular & Upcoming Events

REGULAR EVENTS:

Shopping at Walmart, Seaford
9:30 am Monday and Friday

Bible Study
10:00 Wednesday

Weekly Bingo
See Activity Calendar for assigned date

Monthly Birthday Celebration
12:30 pm Last weekday of the month

UPCOMING EVENTS:

11/09-LSC-BSC
11/11-Closed Veteran's Day
11/18-Roses Seaford, DE.
11/19-Laurel Senior Center Thanksgiving Luncheon 10 A.M.
11/24-Georgetown Cheer Center Holiday Feast
11/25-Roses Seaford, De.
12/18-Laurel Senior Center Christmas Luncheon
01/27-Mr Tim Dukes-Delaware State Representatives
Contact the center if you are interested in attending either event.

Crochet American Flag Afghan Raffle

Drawing December 18th, 2026

@ the Christmas Luncheon



Please see the receptionist concerning Raffle Tickets For AFGHAN!

We are asking all members to please pay their yearly dues. Your dues help in the operation of the center.

-Thank you

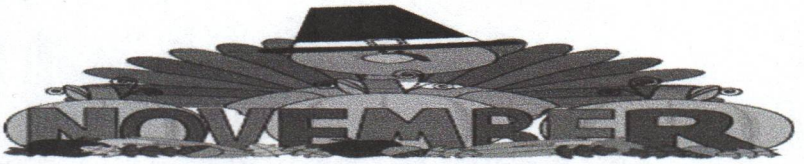
Contributions to our newsletter are encouraged and appreciated!

Articles, photos, trivia, poems, etc. are welcome.

Please submit information to front desk or by email **lsc5830@comcast.net** by the end of each month.

CENTER BOARD OFFICERS

President-Craig Elliott
Vice President-Mark Lowe
Treasurer-Bishop Leon Wilson
Secretary-Susan Eudy



BOARD MEMBERS

Donald Holden
Geraldine Horsey
Jonathan Kellam
Tom Harris
Connie Shockley
Joyce Morris
Virginia Lane
Artez West

