

# Blue Sky News



## Inside this issue

November News.....	1
Applebee's.....	2
Thanksgiving.....	3
Train Museum.....	4
Out for Breakfast.....	5
Activities.....	6
Groups.....	7



## November News

We have been out on outings most days this last month. We have been remodeling our bathroom and flooring at Santa Anna and even got a vacation rental house for a couple days. We thought the outings might be too much, but everyone seemed to really enjoy being extra spoiled with going out to eat, and getting a coffee a few extra times. Now when we have a day home it is extra relaxing and enjoyable. If you tried to call and were wondering why we didn't answer, know we have been out having fun and we are more settled at home now.

We have been getting ready for the holidays and are enjoying the cooler weather. We hope everyone had a great thanksgiving and look forward to updating you on our holiday adventures over the next month. Enjoy the last of 2019!





# Reward Outing Applebee's





# Thanksgiving Feast





# Train Park and Museum





# Out for Breakfast





# November Activities



Afternoon at the movies



Morning Coffee Break



Sitting by the pool at our vacation rental



Shopping and eating at Target



Playing games at the Senior Center



Lounging at Starbucks



# Groups

This month in groups we have been doing learning activities on history of cars and famous women in history such as Eleanor Roosevelt, Annie Oakley, Queen Victoria, Amelia Bloomer to name a few. We have been reviewing coping skills and the things can control versus the things we cannot control. We have been practicing mindfulness outside and going for walks. We had a craft activity making bead bracelets which you can see in the pictures below.

## Women History



*Young Eleanor*



*Eleanor Roosevelt as First Lady*

### Eleanor Roosevelt

Eleanor Roosevelt was born in 1884 in New York. She was part of a large and important family in New York. Her uncle was Theodore Roosevelt, president of the U.S. from 1901 to 1909.

Eleanor mother died when she was young and she lived with her grandmother. She went to school for a while in England and returned to New York in 1902. That same year she met Franklin Roosevelt. The fell in love and married in 1905 and had six children.

Franklin ran for public office several times. He was elected state senator and later governor of New York. He was elected president in 1932.

As First Lady, Eleanor travelled around the world, speaking to people and working for civil rights. During World War II, Eleanor visited the U.S. troops overseas, something a First Lady had never done before. She also worked for equal opportunities for women.

Franklin Roosevelt died in 1945. Eleanor was very sad, but she stayed very busy. President Truman appointed her as delegate to the United Nations. Later, she was chairman of the United Nations Commission on Human Rights. Later, President Kennedy made her chairman of the Presidential Commission on the Status of Women. She stayed active in politics all her life.

Eleanor died in 1962. She was greatly loved for working to help people have freedom and opportunities.



*Eleanor Roosevelt in 1947 when she was a delegate to the United Nations*

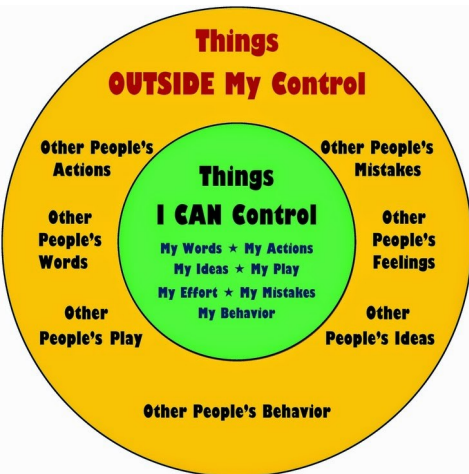
Who was Eleanor's uncle?


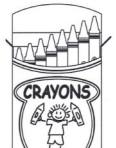


**Q AND A**

When was Eleanor born?

What was Eleanor greatly loved for?

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<p>Take a Time-out</p> 	<p>Color or draw</p> 
<p>Count to</p> <p style="font-size: 2em;">10</p>	<p>Take a deep breath</p> 
<p>Write in journal</p> 	<p>Listen to music</p> 