San Marino Retirement Community

5000 W 75th Ave • Westminster, CO 80030 • (303) 429-8857

November 2026



November Birthdays

San Marino would like to wish all our residents and staff a very HAPPY BIRTHDAY this month. May your special day be fantastic.



Historic Hockey Moment

On Nov. 15, 1950, Arthur Dorrington signed a contract with New Jersey's Atlantic City Sea Gulls, becoming the first Black professional hockey player in the U.S. After leading the team to a league championship in 1951, Dorrington played for several other minor league teams before retiring from sports and becoming a law enforcement officer.



Give Thanks and Celebrate

The month of November is a time to reflect and be thankful. Remembering your stories can help you feel satisfied that you've lived life to the fullest. Get conversation started and ruminate on the good times.

- What person in your life are you most thankful for? Did they bring you comfort, laughter, love or all of the above?
- Think of events in your life that deeply affected you. What moments changed your life for the better?
- What makes you smile?
- We should be grateful for even the small, mundane things. What's your favorite meal, song, movie or book? How has it influenced you?
- What's your favorite memory?
- Say something positive about those around you. What do they do that brightens your day?
- Where is your "happy place"?
- Are there any adversities that have shaped you? Reflect on how those moments have had a positive impact.
- What's your favorite thing about the natural world?
- Who taught you about unconditional love?

Furry Friends



Pixie from the Villas out for a stroll.

Protecting Cultural Heritage

More than 1,000 attractions around the globe boast their status as a World Heritage Site, meaning they receive special protection due to their "outstanding universal value to humanity." The designation is attributed by UNESCO, the United Nations Educational, Scientific and Cultural Organization, as an effort to preserve and promote peace between cultures. UNESCO observes its anniversary on Nov. 4.



Northglenn High School's Crochet Club visiting Arbors residents.



Native American Heritage Month

Native American Heritage Month is a federal observance marked every November. This month honors the historical contributions and the current priorities of Native Americans, including the 575 federally recognized tribes in the United States. Not only were Native Americans in the Americas long before Western Europeans arrived, but their arts and culture have greatly influenced and structured our country in government, medicine, and warfare. Our current government systems of Separation of Powers with Checks & Balances, and Impeachment and Recall were all part of the tribal council structures in Native American tribes long before the American government was created.



Foods To Help You Snooze

Eating turkey famously makes you sleepy, but other foods that help you drift off to dreamland include bananas, dark chocolate, nuts and cottage cheese.



Our Nation's Veterans

Veterans Day on Nov. 11 is your chance to recognize and thank those who have served our country. Veterans live all over the U.S., but Alaska, Virginia and Wyoming are the states with the highest percentage of veterans within their borders.



Wishing on a Bone

Wishbones have been lucky symbols for nearly 3,000 years. The Etruscans, an ancient Italian civilization, believed chickens could see the future, and they would touch dried wishbones (left whole) while making a wish. In today's common tradition, the wishbone of the meal's bird is broken in half by two people, and the largest half is the luckiest.

Thanksgiving Walk

Feeling stuffed after the feast is part of what Thanksgiving is all about! But before you settle on the couch to watch football or take a nap, go for a quick walk. Even a stroll as short as 15 minutes will regulate blood sugar levels and help you digest that heavy meal. And the healthy group activity provides more opportunities to bond—it could be your new holiday tradition!

Mr. Hockey's Grand Milestone

Gordie Howe made hockey history on Nov. 27, 1960, when he became the first NHL player to score 1,000 regular season points—an assist in a 2-0 win over Toronto. Howe, nicknamed "Mr. Hockey," set a standard that inspired generations of players.

Astronomical Achievement

Did you know that for more than 20 years, there has always been a human in space? On Nov. 2, 2000, the Expedition 1 crew—American astronaut William Shepherd and Russian cosmonauts Yuri Gidzenko and Sergei Krikalev—arrived at their new home for the next four months, the International Space Station. Since then, the station has hosted 280 crew members from 23 countries, each typically spending six months aboard the station working on research projects.

Happy Birthday, Minnie Mouse!

She rocks a red-and-white polka-dot dress, high heels and a hair bow. Mickey Mouse's girlfriend, Minnie, shares his birthday, Nov. 18. On that day in 1928, both characters debuted in the Disney cartoon "Steamboat Willie."

KURT'S KORNER







