EQUAL HOUSING OPPORTUNITY

Buffalo Crossings

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Buffalo Crossings Management Team

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Happy Thanksgiving

Thanksgiving is all about the stretchy pants and one more slice of pie. Our thoughts are with you at this joyous Thanksgiving celebration, as we send to you warm appreciation and so much love here at Buffalo Crossings. Have a Thanksgiving that fills you with joy!

Sandy Sternefeld

November 2026



Attitude of Gratitude

"Be present in all things and thankful for all things." —Maya Angelou

Virtual Volunteering

Volunteers help both themselves and others when they give back. Studies show that folks who donate their time serving others are more likely to feel optimistic and purposeful, as well as have an overall reduced risk of mortality. To volunteer virtually, consider opportunities like card- or letter-writing programs, sewing or crocheting blankets for children in need or digitizing books and historical records. Simply search online for specific opportunities.

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.

First Thanksgiving

The first Thanksgiving was a harvest celebration held by the Pilgrims of Plymouth colony in the 17th century. Very little is known about the event because only two firsthand accounts of the feast were ever written.

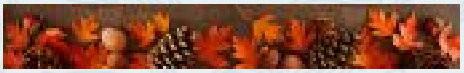
The first account is William Bradford's journal of Plymouth Plantation, and the other is a publication written by Edward Winslow, Mourt's Relations.

What is known is that the Pilgrims held the first Thanksgiving feast to celebrate the successful fall harvest. Celebrating a fall harvest was an English tradition at the time and the pilgrims had much to celebrate.

The 53 Pilgrims at the first Thanksgiving were the only colonists to survive the long journey on the Mayflower and the first winter in the New World. Disease and starvation struck down half of the original 102 colonists.

These Pilgrims survived that first winter and, with the help of the local Wampanoag tribe, had a hearty supply of food to sustain them.

Although the modern-day Thanksgiving feast takes place on the fourth Thursday of November, the first Thanksgiving did not. This feast most likely happened sometime between September and November 1621.





Life on the Road

Route 66 is celebrating its 100th birthday! From 1926 to the last half of the 20th century, "The Mother Road" was the favored way to traverse the western half of the United States.

The nation's first paved highway spanned 2,448 miles from Chicago, Ill., to Los Angeles, Calif. Towns and businesses along the highway grew and prospered with the boom of tourists. The Bobby Troup song "Route 66" advised folks to "Get your kicks on Route 66."

The Federal Aid Highway Act of 1956 prompted the construction and upgrade of roads across the country. By the 1970s, Route 66 was mostly replaced by five interstate highways, and it was fully decommissioned by 1985. Businesses along the highway closed as traffic dwindled.

There have been efforts, however, to preserve historic sites along the route, and travelers can still get their nostalgic "kicks" navigating about 85% of the original Route 66. Cities along the famous route are celebrating the centennial with parades, festivals and, of course, car shows.

Call It a Comeback

From vinyl records to vintage arcades, young consumers are turning to the past for their pastimes. These pre-digital, mid-century activities are making a comeback as younger generations today seek slower, multisensory experiences in a world filled with screens.

Vinyl experienced a golden age during the 1950s to 1970s before losing ground to emerging technologies such as cassette tapes, CDs and eventually music streaming services. Today's consumers, however, are much more likely to put a record on for a slower, more mindful experience. During the past decade, vinyl sales have increased by more than 500%.

In the 1970s and 1980s, arcades were a refuge for teens and young adults to compete and to simply hang out, but many closed in the late 20th century with the rise of home-based video games. Today's arcade revival is about gathering as much as gaming.

As younger generations trade instant algorithms for intentional experiences, they remind us that the most vivid moments happen offline.





Brain Bender: Words of a Feather

Use your ol' noodle to solve these Thanksgiving-themed analogies!

Example: Thanksgiving is to November as Valentine's Day is to: February.

1. Turkey is to bird as cranberry is to _____.

2. Corn is to field as pumpkin is to _____.

3. Mash is to potatoes as _____ is to turkey.

4. Thanksgiving is to Thursday as Mother's Day is to _____.

5. Drumstick is to turkey leg as spud is to _____.

6. Stuffing is to side dish as pumpkin pie is to _____.

7. Turkey is to platter as _____ is to boat.

8. Green bean is to casserole as _____ is to sauce.

9. Massasoit is to Wampanoag as William Bradford is to _____.

10. Black is to Friday as _____ is to Monday.

(Answers: 1. fruit; 2. patch; 3. carve; 4. Sunday; 5. potato; 6. dessert; 7. gravy; 8. cranberry; 9. Pilgrims; 10. Cyber)

Pompom Power

For these dancers, the only numbers that matter are the beats in a bar, not the years on a birth certificate. Around the country, 55+ dance and cheer squads are taking the stage in stadiums, parades and more. Here are a couple of the popular performance groups:

Pacemakers. Susan Avery loved performing with the dance team for a minor league baseball team, but she quit after just a year because of online insults about her age from an unaffiliated fan page. After her daughter suggested Avery start her own dance team, she founded the Pacemakers, based in New York City. They first performed for the same minor league baseball team fans, where they received a standing ovation.

Sun City Poms. The Sun City Poms are all residents of Sun City, Ariz., who are 55 and older. The cheerleaders are famous for their acrobatics and lively routines.

Other cheer and dance squads are popping up around the country, inspiring neighboring chapters, intergenerational connections and proof that what's fun and fabulous doesn't have an age limit.



A Thanksgiving Tradition

The Macy's Thanksgiving Day Parade in New York City has been a holiday tradition since 1924. Line up for some facts about the annual spectacle:

- Along with floats, brass bands and entertainers, the early parades included animals from the Central Park Zoo.
- Giant balloons replaced the live animals in 1927. Felix the Cat, a dinosaur and a dog were among the first characters.
- The parade was halted for three years during World War II, and Macy's donated 650 pounds of balloon rubber to the war effort.
- Between 2,000 and 3,000 balloon handlers volunteer for the parade each year, and they have the option to attend training to learn the ropes, whistles and hand signals needed to safely guide the massive balloons.
- Directing each balloon's handlers is a "pilot," who must walk backward during the entire 2.5-mile route.
- There are more than 8,000 parade participants, including Macy's employees, marching bands, celebrity singers, Broadway performers and the Radio City Rockettes.
- Around 3.5 million people line the city streets to watch the parade, and more than 30 million watch on TV.



Food Firsts

Home cooks often like to save time in the kitchen, so companies work to create new products that make food preparation a little easier. Chew on this list of retail food innovations through the years.

Year	Food Innovation
1856	Sweetened condensed milk
1897	Condensed soups
1928	Sliced bread
1930	Frozen foods
1937	Boxed macaroni and cheese dinner
1954	TV dinners
1966	Instant oatmeal
1971	Boxed stuffing mix
1981	Microwave popcorn
2008	Cake pops

"This Month In History"

NOVEMBER

1917: Made up of five Canadian teams, the National Hockey League is created in Montreal.

1926: U.S. Route 66 is officially established. The roughly 2,400-mile two-lane highway from Chicago to Los Angeles became a legendary east-west link.

1931: Homemaker Irma Rombauer self-publishes her favorite recipes in "The Joy of Cooking." The classic cookbook has since sold over 20 million copies.

1941: President Franklin D. Roosevelt signs a bill proclaiming the fourth Thursday in November as the official Thanksgiving holiday.

1954: The U.S. Marine Corps Memorial is dedicated in Arlington, Va. The monument depicts the raising of the American flag at the 1945 Battle of Iwo Jima.

1967: With a cover price of 25 cents, the first issue of Rolling Stone magazine goes on sale in San Francisco.

1984: Fred Rogers, of the children's TV series "Mister Rogers' Neighborhood," presents one of his sweaters to the Smithsonian's National Museum of American History.

1997: Disney's "The Lion King" opens as a Broadway musical.

2010: A groundbreaking ceremony is held for George W. Bush's presidential library in University Park, Texas.

2018: NASA's Voyager 2 probe leaves the solar system for interstellar space exploration.

2020: Whitney Houston is inducted into the Rock and Roll Hall of Fame.

2022: The world population officially reaches 8 billion people, according to the United Nations.

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