



# SENIOR LIVING *with Style!*

FRANKLIN PARK TPC PARKWAY

October 2024

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ASSISTED LIVING

## All About Bobbing for Apples

After the seasons changed last month, there's been a nip in the air and now the door is wide open for fall festivals filled with games, hayrides, corn mazes, pumpkin patches and more. And, there's one game we've continued to play for decades that is beyond beloved. It's the ancient art of "bobbing for apples."

You fill a giant tub with water, add apples and do your best to grab as many as you can with just your teeth. Apparently, that's harder than it sounds, which probably makes sense if we look at the pastime's history.

This "love game" has European roots that go back hundreds of years and was used in the act of courtship. One version of the game included a female bobbing for apples. Each apple representing a particular male or love interest. If she bit into her love apple in a single bite, it was seen as a sign, with fate offering the green light on their engagement. Two tries at a bite wasn't good. That indicated the lady and her love would be fine mates, but their love would be fleeting. Lastly, if the lady made three or more attempts at a bite into a fate-filled apple, the relationship was a no-go. The couple was advised not to bother with acting on their love for one another.

Moving forward, the game became a key act in welcoming the new fall harvest, stemming from a Celtic tradition. Irish and European immigrants brought the game to North America, and it slowly became much less related to love and more related to Halloween's history.





# October Fun!

AUTUMN  
CARVE  
FARM  
GOURD  
HARVEST  
JACKOLANTERN  
ORANGE  
PIE  
SEEDS  
SPICE  
SQUASH  
STEM  
STRANDS  
TENDRIL  
VINES

S	P	U	E	S	C	R	M	M	O	K	S	U	H	A	R	V	E	S	U	D
V	I	N	I	S	T	O	R	A	E	A	E	Q	R	S	I	C	E	D	P	A
S	T	E	M	E	S	R	S	T	R	A	N	D	U	U	E	C	S	D	O	J
A	D	N	S	N	M	Q	A	T	N	R	G	V	S	A	N	D	N	P	O	S
N	S	H	R	E	T	S	A	N	R	Q	D	N	G	U	S	G	C	S	U	O
O	O	E	O	L	E	S	S	U	D	O	R	N	A	T	D	H	U	S	T	E
C	A	R	V	E	N	F	E	D	S	S	K	E	U	R	P	G	A	M	E	U
N	V	V	R	S	D	H	K	M	P	H	G	R	T	E	I	A	O	E	N	S
F	I	E	J	E	D	D	A	R	S	N	K	N	U	N	E	T	E	U	D	R
R	N	S	R	R	E	M	A	R	A	O	N	A	M	C	T	V	R	P	R	S
A	E	T	M	E	R	E	T	R	V	F	C	R	N	O	E	F	M	E	I	A
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A	E	E	S	E	E	D	S	E	K	R	S	C	A	R	V	F	A	R	M	K
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T	E	N	R	I	L	G	O	U	R	D	I	E	A	R	V	O	A	I	I	A
J	A	C	K	O	L	A	N	T	E	R	N	R	A	J	D	I	U	I	R	D
U	A	T	U	M	N	P	R	S	P	I	C	E	N	D	E	S	I	R	D	V
U	R	A	U	D	P	S	E	I	T	S	A	D	L	T	S	N	D	A	D	D

## Senior Living with Style!



### Employee of the Month

We are very excited to announce that Melissa Salazar has been selected as EMPLOYEE of the MONTH!!

Melissa has only been with us for a short five months but has made a big impact on our residents and families. She puts in that extra effort to make sure residents look their best. Melissa will curl their hair, put makeup on, and paint nails. She is always the first to pitch in to help any department. She works with Memory Care & Assisted Living residents, and they all love her. Melissa, we are very happy to have you as a member of our Franklin Park family.


Please join us in congratulating Melissa on this well-deserved recognition.

**Thank you, Melissa, for all you do.**



# Franklin Park TPC Parkway - Assisted Living

 **OCTOBER 2024** 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30 Sit & Be Fit Exercise-3 10:00 Chronicles/Puzzles-3 10:30 10 Clue What is it ? 2:00 Bingo-2 3:00 Pretty Nails-3 5:00 Domino Group-3	10:00 Bible Study-3 10:00 PAWS - Visit W/Jasper 10:45 Chronicles-3 10:45 LUNCH BUNCH- Lupe Tortilla 2:00 Play Toss Across- 4 3:00 Book Club- Chapel	9:30 Chronicles/Puzzles- 3 10:00 PAWS-Visit 10:15 Make a Halloween Wreath- 3 1:30 ZUMBA W/Roxie- 3 2:00 Bingo-2 3:00 Librarian Ann-Aurthor Talk-2	9:30 Chronicles/Puzzles-3 10:30 Fire on the Mountain Cloggers-2 1:30 Shuttle -Walgreens 2:00 VETERANS Meeting-4 5:00 Domino Group-3	9:30 Sit & Be Fit Exercise-3 10:00 Chronicles/Puzzles-3 12:45 Balloon Tennis-3 2:00 Quarter Bingo- 2 3:00 Book Club- Chapel 6:00 MOVIE- Night at the Museum -2
	9:30 Bible Word Search-Prayer 10:00 Spiritual Hymns-2 10:15 Christian Worship-Chapel 2:00 Best of Betty White Show-2 3:00 Guitar Music W/ Marco- 2 5:00 Domino Group-3	9:30 Shuttle- HEB 9:45 Catholic Communion 10:00 Sit & Be Fit Exercise-3 10:15 Chronicles/Puzzles-3 2:00 Play Hangman- 3	9:30 Sit & Be Fit Exercise-3 10:00 Chronicles/Puzzles-3 10:30 Perfect 10 Game- 3 2:00 Bingo-2 3:00 Balloon Tennis 5:00 Domino Group-3	B-Day Maria Lydia G. 10:00 Bible Study-3 10:00 PAWS - Visit W/Jasper 10:45 Chronicles-3 10:45 Outing: Spirit Halloween Costume Shopping Day 2:15 Happy Tails Show-2 3:00 Book Club- Chapel	9:30 Chronicles/Puzzles- 3 10:00 PAWS-Visit 10:15 Can You See the Big Picture? -3 1:30 ZUMBA W/Roxie- 3 2:00 Bingo-2 3:00 Health Talk w/Ageility-2	7:30 Men's Breakfast- 4 9:30 Chronicles/Puzzles-3 10:30 Bunco Group-3 1:30 Shuttle -Walgreens 2:30 Believable or Batty Trivia-2 3:00 Piano Music W/Arland- 2 5:00 Domino Group-3
	9:30 Bible Word Search-Prayer 10:00 Spiritual Hymns-2 10:15 Christian Worship-Chapel 2:00 Best of Betty White Show-2 3:00 Guitar Music W/ Marco- 2 5:00 Domino Group-3	9:30 Shuttle- Walmart 9:45 Catholic Communion 10:00 Sit & Be Fit Exercise-3 10:15 Chronicles/Puzzles-3 2:00 Happy Hour W/Kai -2	9:30 Sit & Be Fit Exercise-3 10:00 Chronicles/Puzzles-3 10:30 Story- Trudy & the Bat House- 3 2:00 Bingo-2 3:00 Pretty Nails-3 5:00 Domino Group-3	10:00 Bible Study-3 10:00 PAWS - Visit W/Jasper 10:45 Chronicles-3 2:30 Armchair Astronomy- 2 3:00 Book Club- Chapel	Happy B-Day Denise C. SHADES OF PINK DAY 9:30 Chronicles/Puzzles- 3 10:00 PAWS-Visit 1:30 ZUMBA W/Roxie- 3 2:00 Bingo-2 3:00 SHADES OF PINK GROUP PHOTO- support Breast Cancer Awareness-2	9:30 Chronicles/Puzzles-3 10:30 Bunco Group-3 1:30 Shuttle -Walgreens 2:00 Make Peanut Caramel Grapes- 2 2:30 Finish the Lines- 2 5:00 Domino Group-3
	9:30 Bible Word Search-Prayer 10:00 Spiritual Hymns-2 10:15 Christian Worship-Chapel 2:00 Best of Betty White Show-2 3:00 Guitar Music W/ Marco- 2 5:00 Domino Group-3	9:30 Shuttle- HEB 9:45 Catholic Communion 10:00 Sit & Be Fit Exercise-3 10:15 Chronicles/Puzzles-3 2:00 Play Hangman- 3	9:30 Sit & Be Fit Exercise-3 10:00 Chronicles/Puzzles-3 10:30 The Monster Match- 3 2:00 Bingo-2 3:00 Balloon Tennis-3 5:00 Domino Group-3	7:30 Women & Waffles- 4 10:00 Bible Study-3 10:00 PAWS - Visit W/Jasper 10:45 Chronicles-3 2:00 Bean Bag Baseball-3 3:00 Book Club- Chapel	9:30 Chronicles/Puzzles- 3 10:00 PAWS-Visit 10:15 Paint a Pumpkin- 3 1:30 ZUMBA W/Roxie- 3 2:00 Bingo-2 3:00 Food Committee Meeting-2	9:30 Sit & Be Fit Exercise-3 10:00 Chronicles/Puzzles-3 12:45 Balloon Tennis-3 2:00 Quarter Bingo- 2 3:00 Book Club- Chapel 6:00 MOVIE-Ghostbusters-2
	9:30 Bible Word Search-Prayer 10:00 Spiritual Hymns-2 10:15 Christian Worship-Chapel 2:00 Best of Betty White Show-2 3:00 Guitar Music W/ Marco- 2 5:00 Domino Group-3	9:30 Shuttle- Walmart 9:45 Catholic Communion 10:00 Sit & Be Fit Exercise-3 10:15 Chronicles/Puzzles-3 2:00 Play Hangman- 3	9:30 Sit & Be Fit Exercise-3 10:00 Chronicles/Puzzles-3 10:30 Halloween Family Feud- 3 2:00 Bingo-2 3:00 Balloon Tennis-3 5:00 Domino Group-3	10:00 Bible Study-3 10:00 PAWS - Visit W/Jasper 10:45 Chronicles-3 2:00 Bean Bag Baseball-3 3:00 Book Club- Chapel 5:30 MOVIE- Great Pumpkin Charlie Brown & Grandkids Party-2	HALLOWEEN 9:30 Chronicles/Puzzles- 3 10:00 PAWS-Visit 10:15 Haunted Halloween Detective- 3 1:30 ZUMBA W/Roxie- 3 2:00 Halloween Party- Wear your Costume-2 3:00 Resident Meeting-2	9:30 Sit & Be Fit Exercise-3 10:00 Chronicles/Puzzles-3 12:45 Balloon Tennis-3 2:00 Quarter Bingo- 2 3:00 Book Club- Chapel 6:00 MOVIE-Beetlejuice-2





### Ooodles of Noodles

If you feel compelled to make ramen on October 6, there might be a reason. It's National Noodle Day, quite possibly a holiday you didn't know even existed. Some think it's a natural precursor to, while others think it's a little bit of a pre-emptive celebration of, National Pasta Month, which is November.

A fun way to honor the roots of this odd occasion is to do so with family, friends and food. Host a noodle party where everyone brings a different noodle dish and you all go over the background of each dish's story. Maybe talk about the particulars of each type of pasta present, the history, how it became a favorite dish around the neighborhood. You know... share a piece of the pasta past.

To help you get ready for your party, the first thing you should know is that in general, pasta's origin is hard to pinpoint. Since pasta is simply made from some combination of three basic ingredients, water, flour and egg, some variation of pasta has existed all over the globe for who knows how many centuries. However, the moniker "pasta" has Italian roots. Most often, the pasta stories begin with Europe. In contrast, noodle stories begin in Asia. Noodles have a recorded history in China, dating back more than four thousand years to the Han dynasty.

What does all this mean? Get ready to learn at your noodle party!

### A Different Kind of Soul Food

"Soul food" has a particular connotation. When we hear those words, we imagine a plate of fried chicken, greens, creamed corn, cornbread and an overstuffed belly. But there's another type of soul food that doesn't exactly fall into this category. It's called a soul cake.

Soul cakes have traditionally been offered at the end of October into early November in conjunction with Halloween, Samhain, All Souls Day and All Saints Day. This period of holiday observances is one in which many reflect on their ancestry and heritage around the globe. Soul cakes play a role in remembering and celebrating the deceased. During medieval times, the underserved and children would make their way around the neighborhood in song and prayer with requests for soul cakes. This was known as "souling." They'd receive cakes in response, which was said to save a soul from the fate of Purgatory.

Soul cakes are simple spice cakes that can be made from your basic kitchen staples: spices, eggs, milk, butter and flour. Some people like to add dried fruits and raisins. The steps for soul cakes are pretty similar and involve preheating the oven, creaming butter and sugar, whisking in egg yolks and adding flour and spices into the fold with a little milk. Then there's some kneading, rolling, cutting, baking and possibly decorating. So if you're looking to honor some souls, baking these little beauties is one way to do it. Find a recipe that fits your style and go for it.

### Not a Sinking Ship

You know one place where a ship doesn't sink? It's in a bottle. And October 4 is a fantastic day to figure out the whys and hows of this scenario by celebrating national Ship in a Bottle Day. This holiday's inception occurred a decade ago and is held on the same date annually.

As far as hobbies go, making a ship in a bottle is no easy feat. The intricate details, the artistry, the patience...there's so much involved. This activity came about on sea in the 18th century.



Sailors longed for something to do to pass the time, and making minute replicas of their sailing vessels proved to be the art form of choice. However, the holiday's observance didn't make landfall until October 4, 2013. October 4 was chosen primarily because it coincides with Jack Hinkley's birthday. Hinkley was the Ships in Bottles Association of America's (SIBAA) first president.

What is the best way to engage with Ships in a Bottle Day? Well, there's one obvious answer: Make a ship in a bottle. You don't have to create the tiny pieces by hand, don't worry. You can purchase a kit online or from your nearest craft and hobby store. And, this is a project that takes a little while to complete and it's one that can be done with friends and family. You have the opportunity to create a new pastime, one that connects your family and lives on for many years to come. So, get to building!

### A Raccoon's Life

You see these little omnivorous creatures everywhere, usually foraging for food, sometimes in your own back yard. Given their nocturnal activities and their sneaky demeanor, it makes sense that some raccoons look like bandits. Those "masks" across their eyes are quite distinctive. But there is a lot more to raccoons than an active nightlife. Here are some fun facts about the critters.

- They have a lifespan of 3 years, on average, when living in the wild. They can weigh anywhere from 4 lbs. to 23 lbs. and span 23 to 37 inches in length.
- On the food front, they like aquatic things. Their paws are perfect for scooping frogs and crayfish out of the water. Raccoons are also adept at snagging up insects and mice from the land, and raiding nests for eggs. And, of course, they'll eat plants and fruits, and have paws which, again, come in handy as they open garbage cans in search of foodstuffs.
- Raccoons live in a variety of places, with tree holes, attics in old homes and fallen logs being among them.
- They do not make good pets. They're wild animals, which are difficult to tame. They're curious hunters, aggressive, antisocial and destructive. Plus, it's illegal to own them in a large number of states.
- Let's dispel one myth about raccoons: They don't wash their food. Raccoons have the most sensitive touch known, with over two-thirds of their brain's sensory power dedicated to it. Their hands, packed with nerve endings, develop a protective layer softened by water, enhancing touch acuity while eating.



### October 2024 Dates to Celebrate

Rosh Hashanah .....	10/2-4	Indigenous Peoples Day .....	10/14
World Smile Day.....	10/4	Full Hunter's Moon.....	10/17
Physician Assistant Day.....	10/6	HC Quality Week.....	10/20-26
Yom Kippur .....	10/11	Nat'l. Medical Asst. Day.....	10/23
Columbus Day.....	10/14	Halloween .....	10/31

**Birthstone:** Opal | **Flower:** Marigold | **Zodiac:** Libra & Scorpio



# Happy Birthday!

Maria Lydia G. .... 10/9

Mary Ann J. .... 10/10

Denise C..... 10/17

## Welcome!

Barbara C.  
Elza C.

Donna J.  
Jerry J.

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