



SENIOR LIVING *with Style!*

FRANKLIN PARK TPC PARKWAY

October 2024

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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.

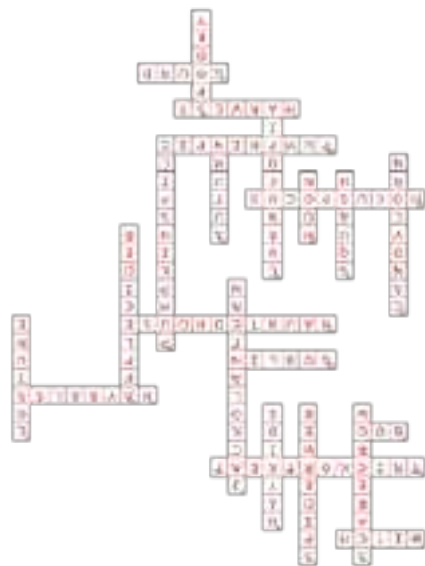
Moving forward, the game became a key act in welcoming the new fall harvest, stemming from a Celtic tradition. Irish and European immigrants brought the game to North America, and it slowly became much less related to love and more related to Halloween's history.



INDEPENDENT LIVING



October Crossword



ACROSS

- 3 A broomstick-riding sorceress who puts the “boo” in Halloween!
- 6 The magical phrase that opens the doors to sweet treasures on Halloween night.
- 7 The universal ghostly greeting that sends shivers down your spine.
- 9 The stackable seats that make any pumpkin patch look picture-perfect.
- 11 A mischievous creature who can turn your candy stash into a ghostly riddle.
- 13 A spooky mansion where the ghosts have perfected the art of jump scares.
- 19 The magical phrase that kickstarts every witch’s enchanting escapades.
- 20 A dessert so delicious, it’s practically a slice of autumn itself.

- 21 The activity when farmers reap the rewards of their hard work.
 - 23 The pumpkin’s cousin, often used for fall decorations and tasty soups.
- DOWN**
- 1 Not the brightest of guardians, but it definitely has a way with crows!
 - 2 What arachnids use to decorate their eight-legged mansions for Halloween.
 - 4 The bumpy adventure that turns hay into the most thrilling mode of transportation.
 - 5 This gourd goes from frightful to delightful with just a few cuts!
 - 8 The outfit that lets you be whoever you want to be for one night—no questions asked!



- 10 The deliciously spiced elixir that warms your soul on crisp autumn evenings.
- 12 The flavor that magically transforms even the most basic of beverages.
- 14 The triangular treat that mysteriously multiplies every Halloween.
- 15 A versatile vegetable that’s as fun to say as it is to eat.
- 16 A horn-shaped basket overflowing with autumn’s bounty.
- 17 The nocturnal spotlight that guides trick-or-treaters on their candy-collecting quests.
- 18 The season where nature puts on its most colorful outfit.
- 22 The adjective that turns ordinary things into eerie and hair-raising experiences.

Senior Living with Style!



Franklin Park TPC Parkway - Independent Living

OCTOBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:15 BIBLE STUDY - GR 1:30 HAND AND FOOT - GR 2:30 RESIDENT ACTIVITY MEETING - AC 3:30 DOLLAR BINGO - AC 7:00 MOVIE NIGHT - GR	11:00 ZUMBA W/ ROXIE - AC 1:15 WATER AEROBICS-POOL 1:30 BEANBAG BASEBALL 2:30 JEOPARDY - AC 3:30 CRAZY 8'S - GR 4:00 MEN'S OKTOBERFEST BEER TASTING & WINGS- Bistro	11:00 ZUMBA W/ROXIE - AC 1:30 MEXICAN TRAIN - GR 2:00 BOOK CLUB MEETING - AC 3:00 WII BOWLING - AC 3:00 DILLARD'S SHOW 4:00 HAPPY HOUR W/REBECCA	11:05 CHAIR TENNIS - AC 1:30 MAHJONG - 4th 2:00 SHUTTLE WALGREENS 2:00 VETERANS MEETING- GR 3:30 DOLLAR BINGO - AC 6:00 POKER - GR	10:00 WALKERS CLUB - MAIN LOBBY 11:00 YOGA W/ANGELICA - AC 1:30 MAHJONG - GR 7:00 MOVIE NIGHT - GR
	9:30 DEPART FOR CT CHURCH 1:30 MEXICAN TRAIN-GR 2:00 MAHJONG - 4th 4:00 GUITAR MUSIC BY MARCO & POPCORN - BISTRO 7:00 SUNDAY MOVIE - GR	10:15 BIBLE STUDY - GR 1:30 HAND AND FOOT - GR 2:30 Christmas Choir Meeting- Come be a part of this FUN Sing-A-Long Group-AC 3:30 DOLLAR BINGO - AC 7:00 MOVIE NIGHT - GR	11:00 ZUMBA W/ ROXIE - AC 1:15 WATER AEROBICS-POOL 1:30 BEANBAG BASEBALL 2:30 JEOPARDY - AC 3:30 CRAZY 8'S - GR 4:00 PURPLE GARLIC (DINNER OUT) 7:00 MOVIE NIGHT - GR	11:00 ZUMBA W/ROXIE - AC 1:30 MEXICAN TRAIN - GR 3:00 WII BOWLING - AC 4:00 HAPPY HOUR W/ROB	11:05 CHAIR TENNIS - AC 12:00 MARIE'S CLOTHES - 4TH 1:30 MAHJONG - 4th 2:00 SHUTTLE WALGREENS 2:00 Make Candy Corn Tied Pillows- GR 3:30 DOLLAR BINGO - AC 6:00 POKER - GR	10:00 WALKERS CLUB - MAIN LOBBY 11:00 YOGA W/ANGELICA - AC 1:30 MAHJONG - GR 6:00 POTLUCK-BISTRO 7:00 MOVIE NIGHT - GR
	9:30 DEPART FOR CT CHURCH 1:30 MEXICAN TRAIN-GR 2:00 MAHJONG - 4th 4:00 GUITAR MUSIC BY MARCO & POPCORN - BISTRO 7:00 SUNDAY MOVIE - GR	10:15 BIBLE STUDY - GR 1:30 HAND AND FOOT - GR 2:00 HEALTH TALK W/AGEILITY - AC 2:30 Christmas Choir Practice- AC 3:30 DOLLAR BINGO - AC 7:00 MOVIE NIGHT - GR	9:00 BLOOD PRESSURE CLINIC - GR 11:00 ZUMBA W/ ROXIE - AC 1:15 WATER AEROBICS-POOL 1:30 BEANBAG BASEBALL 2:30 JEOPARDY - AC 3:30 CRAZY 8'S - GR 7:00 MOVIE NIGHT - GR	10:00 HEARING LIFE - GR 11:00 ZUMBA W/ROXIE - AC 1:30 MEXICAN TRAIN - GR 2:00 COUNCIL MEETING- GR 3:00 WII BOWLING - AC 4:00 HAPPY HOUR W/TJ	9:00 OUTING TO THE ZOO & PICNIC LUNCH 11:05 CHAIR TENNIS - AC 1:30 MAHJONG - 4th 2:00 SHUTTLE WALGREENS 3:30 DOLLAR BINGO - AC 6:00 POKER - GR	10:00 WALKERS CLUB - MAIN LOBBY 11:00 YOGA W/ANGELICA - AC 1:30 MAHJONG - GR 3:30 SING ALONG W/INES - AC 7:00 MOVIE NIGHT - GR
	9:30 DEPART FOR CT CHURCH 1:30 MEXICAN TRAIN-GR 2:00 MAHJONG - 4th 4:00 GUITAR MUSIC BY MARCO & POPCORN - BISTRO 7:00 SUNDAY MOVIE - GR	10:15 BIBLE STUDY - GR 1:30 HAND AND FOOT - GR 2:30 Christmas Choir Practice- AC 3:30 DOLLAR BINGO - AC 7:00 MOVIE NIGHT - GR	11:00 ZUMBA W/ ROXIE - AC 1:15 WATER AEROBICS-POOL 1:30 BEANBAG BASEBALL 2:30 JEOPARDY - AC 3:30 CRAZY 8'S - GR 4:00 Piano Music W/ Arland- Lobby 7:00 MOVIE NIGHT - GR	SHADES OF PINK DAY 10:00 Mimosas & Pastries for the Ladies- GR 11:00 ZUMBA W/ROXIE - AC 1:30 MEXICAN TRAIN - GR 3:00 WII BOWLING - AC 4:00 SHADES OF PINK HAPPY HOUR- Support Breast Cancer Awareness	11:05 CHAIR TENNIS - AC 1:30 MAHJONG - 4th 2:00 SHUTTLE WALGREENS 2:00 Tom Jackson- The History of San Antonio- AC 3:30 DOLLAR BINGO - AC 6:00 POKER - GR	10:00 WALKERS CLUB - MAIN LOBBY 11:00 YOGA W/ANGELICA - AC 1:30 MAHJONG - GR 6:00 POTLUCK - BISTRO 7:00 MOVIE NIGHT - GR
	9:30 DEPART FOR CT CHURCH 1:30 MEXICAN TRAIN-GR 2:00 MAHJONG - 4th 4:00 GUITAR MUSIC BY MARCO & POPCORN - BISTRO 7:00 SUNDAY MOVIE - GR	10:15 BIBLE STUDY - GR 1:30 HAND AND FOOT - GR 2:30 Christmas Choir Practice- AC 3:30 DOLLAR BINGO - AC 5:30 MOVIE- Great Pumpkin Charlie Brown & Grandkids Party- AC 7:00 MOVIE NIGHT - GR	11:00 ZUMBA W/ ROXIE - AC 1:15 WATER AEROBICS-POOL 1:30 BEANBAG BASEBALL 2:30 JEOPARDY - AC 3:30 CRAZY 8'S - GR 4:00 54th St. Bar & Grill (DINNER OUT) 7:00 MOVIE NIGHT - GR	HALLOWEEN 11:00 ZUMBA W/ROXIE - AC 1:30 MEXICAN TRAIN - GR 3:00 WII BOWLING - AC 4:00 Halloween Happy Hour- Wear your Costume- Kai		



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



Employee of the Month!!

We are very excited to announce that Joe Miranda has been selected as the EMPLOYEE OF THE MONTH at Franklin Park TPC. Joe has been an invaluable member of our team and consistently demonstrating his dedication to our residents. He is the expert of knowing each of their needs & wants. He makes sure that every resident feels right at home when they move in. He puts in that extra effort of making sure the dining room looks sharp. The residents love visiting with him and is always wearing a smile.

Please join us in congratulating Joe on this well-deserved recognition!

**Thank you, Joe, for your commitment to
excellence in everything you do.**



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