

Dandy Candy Facts

Whether chocolaty, chewy or crunchy, candy is a favorite treat. Indulge in these tidbits about some popular sweets.

- About 65% of American candy brands have been around for over 50 years.
- Candy corn was originally called “chicken feed,” since it resembled the corn kernels fed to livestock.
- The Snickers bar was named after a racehorse that once belonged to the Mars family, whose company makes the candy bars.
- More than 60 million Tootsie Rolls are produced every day.
- M&M’s are one of the most popular sweets requested by NASA astronauts.
- Milky Way candy bars are named for a popular 1920s malted milkshake, not for our home galaxy.
- When the 3 Musketeers bar debuted in 1932, it came in three pieces of flavored nougat — chocolate, vanilla and strawberry. Vanilla and strawberry were phased out due to World War II rationing.



Who’s Whooo of Owls

Symbols of wisdom and insight, owls are found throughout pop culture as characters who exhibit these qualities. Consider a few feathered favorites:

Friend Owl — He grumbles about noisy critters keeping him awake and warns about the dangers of getting “twitterpated,” otherwise known as falling in love. But Friend Owl is a wise mentor to the forest animals in the 1942 Disney cartoon “Bambi.”

Mr. Owl — This candy mascot was first seen in a 1970 TV commercial attempting to answer the age-old question, “How many licks does it take to get to the Tootsie Roll center of a Tootsie Pop?”

Woodsy Owl — Created in 1970 by the U.S. Forest Service, Woodsy taught youngsters to “Give a Hoot, Don’t Pollute.” He continues to make appearances to share his latest eco-friendly slogan: “Lend a Hand, Care for the Land.”

Hoots the Owl — Since his debut on “Sesame Street” in 1985, this jazzy Muppet musician has played his saxophone alongside famous entertainers such as Little Richard, Wynton Marsalis and John Legend.

Hedwig — Given to Harry Potter for his 11th birthday, this snowy owl served her owner by delivering his messages. Hedwig’s intelligence and loyalty also proved to be valuable assets during the boy wizard’s magical adventures.



Dear Residents, Family and Friends

Fall is in full swing around here, and I for one could not be happier! We had a great month of September celebrating the start of football season with our “Football Pool,” soaking up the last few days of summer with an Ice Cream Social, and a great night strolling down the strip at our Vegas Event. Be sure to check out your activity calendar and activity flyers to see what exciting outings, socials and events are scheduled for each month!

October has many fun and exciting things planned that include Trick or Treating for the family of our residents and staff, a lunch outing to Chili’s, and our Main Event, “Oktoberfest.” Be sure to invite your family and friends. We hope to see you all there! Also, remember to check out our Facebook and website for weekly picture updates.

Happy October!

Erin Montgomery
Executive Director

Purple Power

The color purple is a sure sign that a food is rich in antioxidants, particularly anthocyanins. These have been linked to health benefits such as reduced inflammation, lower blood pressure and better memory function. Here are some popular purple vegetables to add to your plate.

Eggplant — The star ingredient in eggplant Parmesan, ratatouille and baba ghanoush, this veggie is a good source of fiber, manganese and several B vitamins. Its glossy purple skin provides the most nutrients.

Cabbage — Purple cabbage, also called red cabbage, provides dishes with crunch and packs a powerful nutritional punch. The cruciferous pick contains more than 30 different anthocyanins, plus high levels of vitamins A, C and K.

Cauliflower — Purple cauliflower is said to have a sweeter, nuttier taste than its white counterpart, but both kinds are low in calories and have significant amounts of fiber, folate, and vitamins B-6, C and K.

Purple varieties of carrots, potatoes, asparagus, artichokes and kale, as well as red onions, are other vegetable sources of anthocyanins.



OCTOBER 2019

Locations

Activity Room, AR
AL Courtyard, ALC
AL Parking Lot, ALPL
Bistro, B
Dining Room, DR
Library, LL
Lobby, L
Outing, O
Spa, Spa

Birthdays

Yadira Hernandez, 1st (Employee)
Norbert Britton, 10th
Nada Howard, 11th
Ruby Bridges, 11th
Maria Santillana, 12th (Employee)
Sarah Shipp, 22nd (Employee)
Doris Allen, 28th

Transportation Schedule

Monday, 10 a.m.
Grocery Stores
Tuesday, 10 a.m.
Walmart
Wednesday, 10 a.m.
Post Office/Bank
Thursday, 10 a.m.
Walmart
Friday, TBA
Field Trips/Outing

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
		Be Kind Day ¹ Halloween Decoration Contest Begins 9:30 Senior Fitness, AR 9:30 Beauty Salon Is Open 10:00 Shopping at Walmart, O 10:30 Catholic Communion 1:00 Movie & Snack, L 3:00 Game of Choice, L	9:30 Tone Those Bones, AR ² 10:00 Bible Study w/ the Yellow Rose Hospice, L 1:30 Card Club, AR 2:00 Snack Attack Bingo, L 4:00 Trivia, L	9:30 Chair Exercise, L ³ 9:45 Christian Service w/Rev. Mark, L 10:00 Shopping at Walmart, O 1:00 Memories and Music, L 2:30 Art Expression, AR 4:00 Rowdy Ring Toss, L	National Taco Day ⁴ 9:30 Senior Fitness, AR 10:30 Wonder Word Search, AR 11:00 Out to Cici's Pizza, O 12:45 Bible Study w/Laura 2:00 Let's Taco About Social Hour, L 4:00 Name Your Game!, AR	World Smile Day ⁵ 9:30 Beauty Salon Is Open 9:30 Chair Exercise, L 10:30 Wonder Word Search, AR 1:00 Word of the Day! 2:00 Saturday Bingo, AR 3:30 Resident Choice of Game, L
8:30 New Covenant Baptist Church, L ⁶ 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L 3:25 Cowboys vs. Green Bay, L	9:30 Exercise w/ Legacy, AR ⁷ 10:00 "The Prize Is Right" and Snack Social, L 10:00 Dollar Tree, O 2:00 Sassy Senior Bingo w/the Yellow Rose, AR 4:00 Adult Coloring Club, AR	YOM KIPPUR BEGINS AT SUNSET ⁸ 9:30 Senior Fitness, AR 9:30 Beauty Salon Is Open 9:45 Blood Pressure Clinic w/the Yellow Rose Hospice, L 10:00 Shopping at Walmart, O 10:30 Catholic Communion 1:30 Popcorn/Movie, L 2:00 Fancy Nails & Hand Massage, AR 6:00 Oktoberfest (Main Event), L	9:30 Tone Those Bones, AR ⁹ 10:00 Post Office/Bank, O 10:00 Bible Study w/the Yellow Rose Hospice, L 1:00 Chicken Foot (Dominoes), AR 1:30 Card Club, AR 2:00 Snack Attack Bingo, L 3:00 Town Hall Meeting, L 4:00 Connect 4, L	9:30 Chair Exercise, L ¹⁰ 9:45 Christian Service w/Rev. Mark, L 10:00 Shopping at Walmart, O 10:00 Health Fair 12:45 General Store, L 2:30 Art Expression, AR 3:30 Ring Toss of Fire, L	National Bowling Day ¹¹ 9:30 Senior Fitness, AR 10:00 "Family Feud," L 10:30 Wonder Word Search, AR 12:45 Bible Study w/Laura 2:00 Bowl Your Way to Social Hour, L 4:00 Name Your Game!, AR	9:30 Beauty Salon Is Open ¹² 9:30 Chair Exercise, L 10:30 Wonder Word Search, AR 1:00 Word of the Day! 2:00 Saturday Bingo, AR 3:30 Resident Choice of Game, L
8:30 New Covenant Baptist Church, L ¹³ 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L 3:25 Cowboys vs. NY Jets (CBS), L	COLUMBUS DAY ¹⁴ 9:30 Exercise w/Legacy, AR 10:00 "The Prize Is Right" and Snack Social, L 10:00 Shopping at Big Lots, O 2:00 Sassy Senior Bingo w/the Yellow Rose, AR 3:00 Star Kids Musical, L 4:00 Wonder Word Search, AR	I Love Lucy Day ¹⁵ 9:30 Senior Fitness, AR 9:30 Beauty Salon Is Open 10:00 Shopping at Walmart, O 10:30 Catholic Communion 1:00 Movie & Snack, L 1:30 Ghostly Social Hour, L 3:00 I Love Lucy Trivia, L	9:30 Tone Those Bones, AR ¹⁶ 10:00 Post Office/Bank, O 10:00 Bible Study w/ the Yellow Rose Hospice, L 1:30 Card Club, AR 2:00 Snack Attack Bingo, L 4:00 Witches Hat Toss Game, L	9:30 Chair Exercise, L ¹⁷ 9:45 Christian Service w/Rev. Mark, L 10:00 Shopping at Walmart, O 1:00 Memories and Music, L 2:30 Art Expression, AR 4:00 Rowdy Ring Toss, L	9:30 Senior Fitness, AR ¹⁸ 10:30 Wonder Word Search, AR 11:00 Out to Chili's, O 12:45 Bible Study w/Laura 2:00 Chocolate Cupcake and Birthday Bash, L 4:00 Name Your Game!, AR	9:30 Beauty Salon Is Open ¹⁹ 9:30 Chair Exercise, L 10:30 Wonder Word Search, AR 1:00 Word of the Day! 2:00 Saturday Bingo, AR 3:30 Resident Choice of Game, L
8:30 New Covenant Baptist Church, L ²⁰ 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L 7:20 Cowboys vs. Philadelphia (NBC), L	Celebration of the Mind ²¹ 9:30 Exercise w/ Legacy, AR 10:00 "The Prize Is Right" and Snack Social, L 10:00 Dollar Tree, O 2:00 Sassy Senior Bingo w/the Yellow Rose, AR 4:00 Memory Game, L	9:30 Senior Fitness, AR ²² 9:30 Beauty Salon Is Open 10:00 Shopping at Walmart, O 10:30 Catholic Communion 1:30 Popcorn/Movie, L 2:00 Fancy Nails & Hand Massage, AR 3:00 Game of Choice, L	9:30 Tone Those Bones, AR ²³ 10:00 Post Office/Bank, O 10:00 Bible Study w/ the Yellow Rose Hospice, L 1:30 Card Club, AR 2:00 Snack Attack Bingo, L 4:00 Connect 4, L 4:00 Apple Toss Game, L	9:30 Chair Exercise, L ²⁴ 9:45 Christian Service w/Rev. Mark, L 10:00 Shopping at Walmart, O 2:30 Art Expression, AR 3:30 Ring Toss of Fire, L	9:30 Senior Fitness, AR ²⁵ 10:00 "Family Feud," L 10:30 Wonder Word Search, AR 12:45 Bible Study w/Laura 2:00 Birthday Bash, L 2:00 Boo Y'all Social Hour, L 4:00 Name Your Game!, AR	9:30 Beauty Salon Is Open ²⁶ 9:30 Chair Exercise, L 10:30 Wonder Word Search, AR 1:00 Word of the Day! 2:00 Saturday Bingo, AR 3:30 Resident Choice of Game, L
8:30 New Covenant Baptist Church, L ²⁷ 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L	9:30 Exercise w/ Legacy, AR ²⁸ 10:00 "The Prize Is Right" and Snack Social, L 10:00 Tom Thumb, O 2:00 Sassy Senior Bingo w/the Yellow Rose, AR 4:00 Wonder Word Search, AR	9:30 Senior Fitness, AR ²⁹ 9:30 Beauty Salon Is Open 10:00 Shopping at Walmart, O 10:30 Catholic Communion 3:00 Game of Choice, L 3:00 Activity Meeting and Witches Water Social, L	National Candy Corn Day ³⁰ 9:30 Tone Those Bones, AR 10:00 Bible Study w/ the Yellow Rose Hospice, L 1:30 Card Club, AR 2:00 Snack Attack Bingo, L 4:00 How Many Candy Corns Are in the Jar?, L	HALLOWEEN ³¹ 9:30 Chair Exercise, L 9:45 Christian Service w/Rev. Mark, L 10:00 Shopping at Walmart, O 12:45 General Store, L 2:30 Art Expression, AR 6:00 Trick or Treating, L		