

Citizens Care and Rehabilitation

NEWSLETTER



October 2025

Special Events

Event 1

Wear Pink to support Breast Cancer Awareness

Event 2

Trick-n-Treat Night
Tuesday, 28th October 2025
Throughout the facility

Event 3

Halloween Party / Staff Parade
Friday, 31st October 2025

From Holy Cows to Home Runs

Holy cow, October 13 is Silly Sayings Day. While this saying's origins are a little obscure, many believe it was an expression used by baseball players in the early 1900s to tamely express disgust while avoiding the ire of umpires. It most likely references the cows held sacred by Hindus.

Perhaps silly sayings and baseball have a special link, for one of the silliest sayers of all was former New York Yankee Yogi Berra. He said of his sport, "Baseball is 90% mental and the other half is physical." When giving directions to his home, he once explained, "When you come to a fork

in the road, take it." When he saw Mickey Mantle and Roger Maris repeat their feat of hitting back-to-back home runs, he exclaimed, "It's déjà vu all over again."

When it comes to silly sayings, Mark Twain may offer the best advice: "It is better to keep your mouth closed and let people think you are a fool than to open it and remove all doubt."

REMINDER

Resident Refrigerator Reminder

Containers must have the resident's name and delivery date. AFTER three (3) days, the container and contents will be discarded.

Clothing

All clothing needs to be left with the receptionist to be labeled.

Volunteering

Interested in volunteering with the Citizen Activities Department

You can contact
Cathie Troxell
240-772-9229

ctroxell@citizenssnf.com

Auxiliary Group

The group is looking for members to join

Gift Shops open daily from
1:00pm – 4:00pm

Happy October Birthday!

In astrology, those born between October 1–22 balance the scales of Libra. Libras seek harmony and value fairness and justice. Although they'd rather avoid conflict, they are excellent team players—tactful and polite at soothing those embroiled in an argument. If you're born between October 23–31, you are a Scorpio. Scorpions are powerful investigators who stay abreast of all the comings and goings of their peers, take control, and lead the way to success. Celebrities born in October include:

E. McDonnell 1st	B. Lynch 2nd
R. Gibbons 4th	J. Marshall 5th
P. Burgee 8th	J. Whiting 8th
P. Barkdoll 11th	E. Biser 15th
M. Trinchet 16th	T. Bailey 19th
A. Asbury 24th	B. Maxwell 26th
C. Leatherman 26th	L. Swomley 29th

The Peanut Gallery

On October 2, 1950, cartoonist Charles Schulz debuted his Peanuts comic strip. Schulz actually hated the name Peanuts. He had originally named the strip L'il Folks, but his publishers feared that this title was too similar to a comic strip called Little Folks. Schulz then decided to call it Good Old Charlie Brown after its lead character, but once again his publishers intervened. Without even seeing the strip, they named it Peanuts, which was a common term for children in the 1950s, thanks to The Howdy Doody Show's "Peanut Gallery." The name stuck, and Charlie Brown, Snoopy, Lucy, Linus, Sally, and the whole Peanuts gang have become international stars, appearing in 2,600 newspapers all around the world.