



October 2026 Newsletter

Say It Silly

Sometimes we say the silliest things, but feel free on October 13 to use as many silly sayings as you want, for it's Silly Saying Day. "When pigs fly" is a saying used when you mention something that will never happen, just like a pig flying. Did you ever stop to "chew the fat" with a friend? This means to chat or gossip, but it's a nautical expression from early sailors who, when work was slow, would talk while chewing on a snack of salt-hardened fat. You've likely never used the expression "enough to cobble dogs with," which means that you have a lot of something, as though a shoe cobbler had so much leather he could make many tiny shoes for all of our four-legged friends. And there you have it, "Bob's your uncle." Don't know that one? It means everything is all right, done, and successful, sort of like saying, "And that's that." No word, though, on who Bob was or why things always worked out so well for him.

Tuesday, October
27th from 6:30 -
7:30
Trick or Treaters
haunting the halls





A Recipe for Success

If you've got an idea for a cookbook, October 12, Cookbook Launch Day, may be the time to publish it. Remember, the cookbook industry is competitive, and you need an original idea. Take, for example, the cookbook *Manifold Destiny*, which includes recipes for cooking on your car engine. Preparing for the end of the world? The *Art of Eating Through the Zombie Apocalypse* offers recipes for surviving a fictional zombie outbreak. *Mini-Mart à la Carte* is a cookbook for people who do their shopping at gas stations. And of course there are cookbooks not for humans, but for pampered pets, like *Barkcutterie* and *Bone Appétit*. It seems that even the most outlandish cookbook ideas can be appetizing. A more traditional route might be to gather your friends and compile a homemade cookbook of all your favorite recipes.

Trivia questions

What is the flower symbol for October?

- A. Rose
- B. Tulip
- C. Marigold
- D. Touch Me Not

"October is the year's quiet storyteller, whispering tales in golden leaves and crisp winds."



Fruits of the Month

October is rich in apples and pears, which are at their peak and ideal for crumbles, pies, or roasting. Quinces are also abundant this month, perfect for jams or baked dishes. May still find ripe figs and the last of the berries, offering sweet options for desserts or breakfast.

***"October is crisp days and cool nights,
a time to curl up around the dancing
flames and sink into a good book."
– John Sinor***

A Squirrel's Tale

Some think of squirrels as small pests, adept at infiltrating your home or invading your bird feeders, but they are nature's most nimble and adaptable creatures. Squirrels are extremely active in October, burying nuts and storing food for the long, cold winter. For this reason, October is Squirrel Awareness Month. Squirrels inhabit every continent except Australia and Antarctica. There are 265 different species but three basic kinds: tree squirrels, ground squirrels, and flying squirrels. They come in all different sizes, from the mouse-sized African pygmy squirrel, which is only three inches long, to the Indian giant squirrel, which grows up to three feet in length. Squirrels are very cunning, often pretending to bury nuts in order to fool other spying squirrels. But they sometimes forget where they buried the real nuts! As a result, you may spy new trees in your yard come springtime. Perhaps we should consider ourselves lucky to live in such close quarters with these amazing little critters.

Trivia answers

What is the flower symbol for October?

A. Marigold

Bulletin Board

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 Front Desk to be labeled by the Laundry Department

Volunteering
Interested in volunteering with the Citizens Activities Department

You can contact Cathie Troxell at 240-772-9229 or ctroxell@citizenssnf.com

Auxiliary Group
The group is looking for members to join. You can contact Susan Basford at 301-676-8198 or smbasford@comcast.net

Happy Birthday!

E. McDonnell 1st
H. Shrader 3rd
R. Gibbons 4th
H. Dieffenbach 5th
R. Pumphrey 5th
P. Burgee 8th
J. Whiting 8th
D. Zittle 10th A. Asbury 24th
P. Cappolella 11th
P. Barkdoll 11th D. Caudill 25th
E. Biser 15th C. Ciatto 28th
T. Baker 15th R. Mahoney 27th
M. Trinchet 16th L. Swomley 29th
H. Sewell 22nd

Welcome

Citizens Care and
Rehabilitation
Center would Like to warmly
welcome the FCF Youth
Group to
our facility. We are grateful for
their willingness to spend
time
with our residents by
assisting
with activities and providing
nail
care. Their kindness and
dedication help bring joy and
companionship to those who
call
our facility home.

Voting

Residents or their family
members
must complete an Address
change
Form with the Board of Elections
in
order for mail-in ballots to be
delivered
directly to Citizens Care and
Rehabilitation Center.
If the family chooses not to
complete
an address change, they will need
to
bring the resident's mail-in ballot
to
the facility so the resident can
complete it.
Alternatively, family members
may
pick up the resident and transport
them
to their polling Location to vote in
person.

***“There is no season when
such pleasant and sunny
spots may be lighted on,
and produce so pleasant an
effect on the feelings, as
now in October.” —
Nathaniel Hawthorne***

Fair Week

"Life is like a county fair. Next stop: the bumper cars."

"Sweet as cotton candy, bright as the moon."

"Anytime is a good time for the fair."

