



**Westminster Village
Kentuckiana**



Celebrating Seniors

Worldwide, there are about 700 million people over the age of 60, and that age group is growing faster than any other, according to the United Nations. The annual celebration of International Day of Older Persons, Oct. 1, honors their contributions to the world.

Thrift Shop Tip

When combing the clothing racks at a thrift shop, keep in mind that many secondhand stores have a “no returns” policy. Before you buy, take the time to inspect garments for holes, stains, broken zippers and missing buttons.

Scary-Good Benefits

Settling in with a blanket, a bowl of popcorn and a spooky movie is a fun October tradition—and it can have startling health benefits! The adrenaline rush and emotional response associated with an onscreen thriller may help you cope with worries and anxiety in your real life. Along with releasing the body’s “feel-good” chemicals dopamine and serotonin, the brain becomes more alert and active while watching a suspense flick. Even the immune system can get a boost: One study showed that people who watched a scary movie had a higher number of infection-fighting blood cells compared to those who just sat quietly in a room.

Brainteaser

Question: If you spelled out each number consecutively—one, two, three, and so on—what would be the first number that would have the letter “a” in it?

Answer: One thousand.

October 2019



Mini Pumpkin Picks

Cute and colorful, miniature pumpkins are a piece of fall fun that you can fit in the palm of your hand. The most popular mini variety is named the Jack Be Little, which is a solid orange color, but you’ll also see varieties in solid white or a blend of orange and white. These small cousins of carving-sized pumpkins are typically used as decorations.

An Enduring Candy

They’re bright orange, look like large peanuts, and taste like a banana. This peculiar combination describes the unique marshmallow candy known as circus peanuts. They’re one of the original penny candies, dating back to the 1800s. Several U.S. candymakers continue to produce circus peanuts, since fans still buy the nostalgic treat by the bagful.

Positive Thought

“The world is full of wonderful things you haven’t seen yet. Don’t ever give up on the chance of seeing them.” —J.K. Rowling

October Birthdays

10/2 Elizabeth Johnson
 10/2 Patsy Caudill
 10/2 Donna McCart
 10/3 Bob Ebling
 10/4 Jo Jacobs
 10/7 Betty Sonner
 10/7 Johnette Murphy
 10/7 Mary Lou Zeagler
 10/9 David Varble
 10/10 Mary Ballard
 10/11 Norma Roberts
 10/12 Helen Lin
 10/18 Kathy Rouck
 10/19 Ethyl Fish
 10/28 Wilma Wilson
 10/29 James Sullivan
 10/30 Mary Cain

Some Enchanted Season

"We have had our summer evenings; now for October eves!"
 —Humbert Wolfe

Autumn Eye Care

Summer is over, but don't put away your sunglasses. Eyes need protection from the elements during the fall as well. Wind gusts and cooler air can lead to dry eyes, and a pair of wraparound sunglasses can be a shield against the season's inclement weather.

Pounds of Pumpkins

About 2 billion pounds of pumpkins are harvested in the U.S. each year.

'Owl' Is One

How many words can you come up with using the letters in "wheelbarrow"?

Sunday	Monday	Tuesday
October	Breast Cancer Awareness Month Wear Pink Every Friday for Breast Cancer Awareness!	1  BREAST CANCER AWARENESS
6 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 6:30p Sunday @ The Movies MRLL	7 9a Coffee Social AL 10a Wellness Exercise AL 10a Catholic Mass HC 10:30a Games AL 11a Library Trip Outing 1p Hospitality Meeting RR 2p The Harmonics SC 3:15p Exercise SC 6:30p Forest Ridge Band SC	8 9a Coffee Social AL 10a Exercise AL 10:30a Pass That Trash AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL
13 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 6:30p Sunday @ The Movies MRLL	Columbus Day 14 9a Coffee Social AL 10a Wellness Exercise AL 10:30 Huber's Outing 2p Merry Melodies SC 3:15p Exercise SC 6:30p Music W/Al Hilbert SC	15 9a Coffee Social AL 10a Exercise AL 10:30a Games AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL
20 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 6:30p Sunday @ The Movies MRLL	21 9a Coffee Social AL 10a Wellness Exercise AL 10:30 Welcome Wagon AL 1p Resident Association SC 2p AL Movie Matinee AL 3p Exercise SC 6:30p Music W/Tari Martin SC	22 9a Coffee Social AL 10a Exercise AL 10:30a Games AL 12a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL
27 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 6:30p Sunday @ The Movies MRLL	28 9a Coffee Social AL 10a Wellness Exercise AL 10:30 Games AL 1p \$1 Bingo MRLL 2:30p AL Resident Council AL 3p Exercise SC 6:30p Music W/Freddie George He Is Back!! SC	29 9a Coffee Social AL 10a Exercise AL 10:30a Games AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL

Wednesday	Thursday	Friday	Saturday
2 9a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 2p Bunco SC 3p Rosary RR 3p Wine & Cheese SC 6:30p Music W/Lonnie Bryant SC	3 9a Coffee Social AL 10a Exercise AL 10:30a Red Cross Dog Visit 10:30a Games AL 1p West Wing FI Mtg 2nd FLTL 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL	4 Wear Pink for Breast Cancer 9 - 2 P Yard Sale Out in Front Parking Lot Rain Cancels 6:30p Music W/Rick McDonald SC	5 2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL 6:30p Music W/John King SC
9 9a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 1p Soothing Hands AL 2p Bunco SC 3p Rosary RR 3p Exercise SC 6:30p Music W/Sue Loy SC	10 9a Coffee Social AL 10a Exercise AL 10:30a Pretty Nails AL 1p Bldg & Grds Mtgs SC 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL	11 Wear Pink for Breast Cancer 9a Coffee Social AL 10a OLPH Service RR 10a Exercise AL 10:30a New Resident Coffee SC 1p Game Day SC 2p Ice Cream Social SC	12 2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL
16 9a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 1p Brain Study W/Lisa MRLL 2p Bunco SC 3p Rosary RR 3p Exercise SC	17 Review Your Part D Plan 9a Coffee Social AL 10a Exercise AL 10:30a Red Cross Dog Visit 10:30a Games AL 11a Focus on Your Health SC 1p Dietary Mtg MRLL 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL	18 Wear Pink for Breast Cancer 9a Coffee Social AL 9:30a Donuts & Coffee SC 10:30a Music W/Sue Loy AL 2p Oct B-day Party SC 6:30p Music W/Charlie Hornung SC	19 2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL
23 9a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 2p Bunco SC 3p Rosary RR 3p Exercise SC 6:30p Music W/Ron McCubbins SC	24 9a Coffee Social AL 10a Exercise AL 1P Fund-Raising Comm. Mtg RR 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 4 - 7p Fall Festival Outside	25 Wear Pink for Breast Cancer 9a Coffee Social AL 10a Exercise AL 10a Pass the Trash Game SC 1p Pink Party for Breast Cancer Awareness SC 6:30p Music W/Country Sounds SC	26 2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL
30 9a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 1p Crafts MRLL 2p Bunco SC 3p Rosary RR 3p Exercise SC 6:30p Music W/Mellow Sounds SC	31 9a Coffee Social AL 10a Exercise AL 1 - 3p Halloween Party & Costume Contest SC 3p Wellness Exercise SC 6 - ? Hand Out Candy to Trick or Treaters 6:30p Bingo MRLL	ABBREVIATION KEY SC - Social Center RR - Rose Room MRLL - Basement AL - Assisted Living 3rd Floor HC - Health Center DR - Dining Room	



It's a Mystery

Edgar Allan Poe's 1841 tale "The Murders in the Rue Morgue" is considered the first modern detective story and set the stage for the whodunit novel. Crack the case in these classic mysteries.

Year	Mystery	Author
1901	"The Hound of the Baskervilles"	Arthur Conan Doyle
1930	"The Maltese Falcon"	Dashiell Hammett
1939	"And Then There Were None"	Agatha Christie
1953	"The Long Goodbye"	Raymond Chandler
1972	"An Unsuitable Job for a Woman"	P.D. James
1982	"A Is for Alibi"	Sue Grafton
1998	"The No. 1 Ladies' Detective Agency"	Alexander McCall Smith
2001	"Tell No One"	Harlan Coben
2015	"The Girl on the Train"	Paula Hawkins

"This Month In History" OCTOBER

1908: Called America's other national anthem, "Take Me Out to the Ball Game" becomes a bestselling hit. It is now an MLB tradition for fans to sing the song during the seventh inning stretch.

1913: The Lincoln Highway, the country's first coast-to-coast roadway, is formally dedicated.

1949: American novelist William Faulkner wins the Nobel Prize in literature.

1959: Thousands line up for the opening of the Guggenheim in New York City. The modern art museum's unique spiral shape was designed by Frank Lloyd Wright.

1982: At Florida's Walt Disney World, the Epcot theme park opens and features attractions that celebrate technological innovations and world cultures.

1998: The first American to orbit the Earth, John Glenn returns to space aboard the shuttle Discovery. At age 77, he was the oldest person to travel into space.

2006: The U.S. population reaches 300 million.

2015: "Spectre," the 24th film in the James Bond series, premieres in London.