

## Reese's Cup Roundup

It's been advertised as "Two great tastes that taste great together." The combination of chocolate and peanut butter in Reese's Peanut Butter Cups is a candy favorite.

- Harry B. Reese created the treat in his home in Hershey, Pa. Decades later, the Hershey Co. bought the brand.
- First sold in 1928, they were simply called penny cups in their early days, since they cost 1 cent each.
- Both fans and food scientists say the candy's appeal comes from its contrasting textures and tastes: the smooth, sweet chocolate paired with the slightly crunchy, salty peanut butter.
- Reese's recipe now makes about \$2 billion in sales each year.
- There are over 60 different Reese's products, such as mini and king-sized cups, cups with dark chocolate or white crème, and cups that are stuffed with a mix of peanut butter and pretzels or cookie bits.
- You can get that Reese's flavor in other foods, including ice cream, cereal, cupcakes and snack mix.
- Peanut butter pumpkins, trees, hearts, and eggs are among the brand's annual holiday shapes.

## October Employee of the Month

Lamont Lewis is our October Employee of the Month. He has been a cook with us for five years. Lamont is always friendly and helpful. He really enjoys being able to cook for the residents. When he is not at work, he enjoys hanging out with friends, going out to eat and spending time with his daughter. He also enjoys going to Maryland to visit family.



## Building a Book Club

Book clubs can add an element of fun to reading. Whether you are in a group, want to start one, or are looking for ways to enhance your solo experience, consider these pointers:

Most book clubs meet once a month, in person or virtually, to talk about their recent pick. Adjust the schedule to what works for the group. Allow for enough time for folks to get their reading done by choosing books that are about 300 pages.

Deciding on a book can be a challenge. One solution is to let members make selections until each has had a chance to choose a title. Mix up genres; reading different types of stories expands your knowledge and enhances brain function.

When it's time to meet, serve refreshments—bonus points if they tie in to the book! Use the first few minutes for socializing, then dive in to the discussion. The person who picked the book may want to lead, but allow time for everyone to share their thoughts. If you need ideas to get the conversation going, many books come with book club questions and guides.

If you're reading on your own, you may find it meaningful to reflect on a book's discussion questions and journal your answers. You can also track your reading in a journal or a mobile app that lets you post a rating and a review of the book. Finally, make your reading time special by sipping a favorite beverage and enjoying a snack.

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OCTOBER 2021

## A Note From Our Executive Director

Happy October! October is one of my favorite months because of the slightly cooler temperatures and the leaves changing colors.

This month is going to be busy with all of our upcoming events. We will be starting the month off with a small Oktoberfest celebration, which I hope you all come out to! We also have a trip planned to a local winery, a pumpkin patch and of course our monthly event "Autumn Splendor." Make sure to get with our activities department to sign up for the upcoming trips. Wishing you all a wonderful month!

Sincerely,  
Natalie Fox  
Executive Director



## Golden Blooms

With their seasonal shades of vibrant orange and golden yellow, marigolds are a classic fall flower.

Marigolds sprout quickly and grow fast, showing off colorful blooms from spring through fall. Two of the most common types are French marigolds, which are small and bushy, and tall African marigolds with large blossoms. Despite their names, the flowers are actually native to the Americas.

Attracting butterflies, ladybugs and other beneficial insects, marigolds are featured in many flowerbeds. They're also popular companion plants for common garden vegetables, especially tomatoes, since their strong scent repels certain pests. In addition to their typical warm, golden hues, marigolds can be deep red, creamy white, or two-toned.

Marigolds play an important role in the annual Mexican celebrations of Día de los Muertos, or the Day of the Dead. For centuries, bouquets and garlands of marigolds have been used to decorate the graves and elaborate home altars that honor departed loved ones.





OCTOBER 2021

Locations

Activities Room, AR  
Courtyard, CY  
Craft Room, CR  
Dining Room, DR  
Game Room, GR  
Windsor Room, WR

Birthdays

Ellen Oustinoff, 2nd  
Sadie Bourne, 9th  
Michael Ozmer, 20th  
Barbara Richards, 22nd  
Vida Williams, 23rd  
Beverly Beck, 25th  
Shirley Price, 27th  
Richard Pawlewicz, 30th

Country Store

Tuesday  
11 a.m.-Noon  
  
Thursday  
10-11 a.m.

“A smile is a curve that  
sets everything straight.”  
—Phyllis Diller

Activities Subject to Change

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
										<div><div>9:30</div><div>Walking in the Courtyard, CY</div></div> <div><div>10:00</div><div>Grocery Shopping at Game's Farmers Market</div></div> <div><div>1:00</div><div>Shopping Trip to Dollar Tree</div></div> <div><div>3:00</div><div>Oktoberfest Celebration, AR</div></div> <div><div>4:00</div><div>Evening News, AR</div></div>		<div><div>1</div></div> <div><div>2</div></div> <div><div>9:00</div><div>Individual Word Search Puzzles, AR</div></div> <div><div>10:00</div><div>Board Games, AR</div></div> <div><div>1:00</div><div>Trip to Goodwill</div></div> <div><div>1:30</div><div>Movie (Residents' Choice), AR</div></div>	
<div><div>9:30</div><div>Jigsaw Puzzles, AR</div></div> <div><div>10:00</div><div>Scrabble Club, AR</div></div> <div><div>1:30</div><div>Word Search Puzzles, AR</div></div> <div><div>2:00</div><div>Movie (Residents' Choice), AR</div></div>		<div><div>3</div></div> <div><div>9:30</div><div>Grocery Orders w/Amy, AR</div></div> <div><div>10:00</div><div>Bank Runs</div></div> <div><div>10:30</div><div>Exercise w/Amy, AR</div></div> <div><div>1:30</div><div>Popcorn &amp; Trivial Pursuit, AR</div></div> <div><div>4:00</div><div>Evening News, AR</div></div> <div><div>5:30</div><div>Card Games, AR</div></div>		<div><div>4</div></div> <div><div>10:00</div><div>Coffee Shop &amp; Fresh Pastries, AR</div></div> <div><div>11:00</div><div>Country Store</div></div> <div><div>1:30</div><div>Prize Bingo, AR</div></div> <div><div>2:30</div><div>Manicures &amp; Music, AR</div></div> <div><div>3:30</div><div>Exercise w/Amy, AR</div></div> <div><div>5:30</div><div>Scrabble Club</div></div>		<div><div>5</div></div> <div><div>Mad Hatter Day!</div></div> <div><div>9:30</div><div>Grocery Orders w/Amy</div></div> <div><div>10:00</div><div>Worship w/Pastor Davis, AR</div></div> <div><div>1:30</div><div>Craft Hour "Leather Earrings," AR</div></div> <div><div>3:30</div><div>Tea Party, AR</div></div> <div><div>5:30</div><div>Bridge Club, AR</div></div>		<div><div>6</div></div> <div><div>10:00</div><div>Country Store</div></div> <div><div>10:30</div><div>Exercise w/Legacy, AR</div></div> <div><div>1:30</div><div>Jackpot Bingo, AR</div></div> <div><div>2:00</div><div>Menu Chat, DR</div></div> <div><div>2:30</div><div>Ball Toss, AR</div></div> <div><div>4:00</div><div>"Easy Listening Music Hour"</div></div>		<div><div>7</div></div> <div><div>9:30</div><div>Walking in the Courtyard, CY</div></div> <div><div>10:00</div><div>Grocery Shopping Trip to Walmart</div></div> <div><div>1:00</div><div>Shopping Trip to Ross</div></div> <div><div>3:00</div><div>Happy Hour &amp; October Birthday Celebration, AR</div></div> <div><div>3:30</div><div>Karaoke w/Kia, AR</div></div> <div><div>4:00</div><div>Evening News, AR</div></div>		<div><div>8</div></div> <div><div>9:00</div><div>Individual Word Search Puzzles, AR</div></div> <div><div>10:00</div><div>Board Games, AR</div></div> <div><div>1:30</div><div>Movie (Residents' Choice), AR</div></div>	
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