

Activities to Watch for This Month:

- October 1st: Crafts – Make Fall Wreaths
- October 3rd: Cooking Club – Apple Cider
- October 4th: YoYogurt Outing
- 5th: Ginny's Music
- 9th: Pumpkin Patch Outing
- 10th: Cooking Club – Candy Molds
- 15th: Crafts – Seasonal Décor
- 18th: Bake Bread and Wine Tasting
- 30th: Dave and Ellie's Music
- 30th: Trick or Treat! Please let Emili know if you would like to pass out candy to the trick or treaters. We will provide the candy!



Be sure to invite your family! They can stop by, pick up some candy and help them self to a nice hot cup of hot chocolate!



October Birthdays

Shirley Tindle
Marylin Scharbarth
Melissa Baker, RN

Famous October Birthdays:

- Groucho Marx (comedian) – October 2, 1890
- Buster Keaton (comedian) – October 4, 1895
- Desmond Tutu (archbishop) – October 7, 1931
- Eleanor Roosevelt (first lady) – October 11, 1884
- Paul Simon (musician) – October 13, 1941
- Lee Iacocca (executive) – October 15, 1924
- Evel Knievel (daredevil) – October 17, 1938
- Mickey Mantle (ballplayer) – October 20, 1931
- Dizzy Gillespie (musician) – October 21, 1917
- Minnie Pearl (comedian) – October 25, 1912
- Dylan Thomas (poet) – October 27, 1914
- Jonas Salk (doctor) – October 28, 1914
- Dan Rather (journalist) – October 31, 1931



And visit us on our website:
www.Windsor-Manor.com



WINDSOR MANOR

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Celebrating October

Country Music Month

Positive Attitude Month

Popcorn Poppin' Month

Spinning and Weaving Week
October 1–7

Guardian Angels Day
October 2

International Top Spinning Day
October 14

Mulligan Day
October 17

International Artists Day
October 25

All Hallows' Eve
October 31

Resident Spotlight



Maxine Martens

Maxine lived in Martensdale, Iowa since 1948. She worked in a Bakery before she got married. Her husband's family owned and ran a hardware and farm equipment store "CF Martens & Sons". Maxine worked there six days a week as a cashier. After the store closed, it was turned into a restaurant, then into apartments and now it is a fitness center.

Maxine enjoyed traveling and has been to Cuba, Mexico, and Hawaii three times. She has traveled to South America, Canada and she has stepped her foot in every State in the US. In her free time she loved to dance. You will often times find Maxine dancing with Lenna, our housekeeper, when we have live music performances here at Windsor Manor!



National Assisted Living Week Was a HUGE Success! Thank you to all who contributed!



Windsor Manor Family



Millie and Naomi



Darlene and Betty

Barb and Joan



What's a Frappe?



October 7 is Frappe Day, and for many people this begs the question, "What is a frappe?" Denizens of America's northeast corner, known as New Englanders, know that a *frappe* is a milkshake blended with ice cream. But wait a minute—isn't a milkshake a blended drink made of milk, ice cream, and syrup? Not in New England. Up there,

milkshakes don't include ice cream but only contain milk and syrup. To further confuse matters, travel to Rhode Island, where you'll likely find *cabinet* on the menu. A cabinet is a frappe uniquely made with coffee ice cream, coffee syrup, and milk. Why is this regional drink called a cabinet? One story suggests that soda jerks once kept coffee syrup in wooden cabinets behind the counter. Menus might also list *tonic floats*. In New England, tonic refers to most any carbonated beverage. Consider a tonic float similar to a root beer float, except you can substitute any flavor of tonic for the root beer and top it off with a scoop of ice cream.

October Word Search



October	Rake	Autumn
Harvest	Scarecrow	Orange
Halloween	Corn Maze	Red
Pumpkin	Hayride	Brown
Leaves	Fall	Yellow

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Jack of the Lantern

Every October, once pumpkins have grown fat and orange, these gorgeous gourds are picked and used in a wide variety of ritual activities from baking pumpkin pie to carving jack-o'-lanterns for Halloween. But there's no need to wait until October 26, Pumpkin Day, to make the most of your favorite pumpkin traditions.

Pumpkins have been grown in North America for 5,000 years. While these gourds are native to Central America and Mexico, the tradition of carving pumpkins began across the Atlantic Ocean in Ireland. The practice of carving "jack-o'-lanterns" began with an Irish folktale about a man named "Stingy Jack."

The legend says that Stingy Jack invited the Devil to have a drink, but then the tightfisted fellow did not want to pay. Jack tricked the Devil into transforming himself into a coin he could use to buy the drinks, but Jack put the coin into his pocket next to a silver cross. The Devil, so near a cross, could not change back into his devilish self. Jack made the Devil promise not to claim his soul should he die. The Devil had no choice but to agree. However, when Jack did die, God would not allow someone who caroused with the Devil into heaven. In the end, Jack was sent into the dark of night with nothing, but a lamp fashioned from a carved-out turnip, lit with a lump of glowing coal. For this reason, the Irish have long carved images of "Jack of the Lantern" from turnips and, later, potatoes or beets. The scary, glowing faces were used to frighten away Stingy Jack and any other evil spirits.

When Irish immigrants came to North America, they discovered a new medium for their jack-o'-lanterns: pumpkins. With their hollow centers and wide, thick, orange shells, these gourds were a perfect vessel. Today, pumpkins are grown on every continent except Antarctica, and people around the world use them to carve jack-o'-lanterns.



Employee Spotlight

Meet David Goldsmith

I am from Iowa City, Iowa and currently attend Simpson College. I am a Junior and a Neuroscience major in addition to a Psychology minor.

On campus, I am a part of the Pre-Health Society, Tri-Beta Biological Honor Society, Dance Marathon, the Wesley Service Program, and am a Student Ambassador. This year I will also be assuming the role as one of the Leaders for the Wesley Service Program as well.

I only have one other sibling - a fraternal twin brother, Daniel, who attends Simpson with me and is my roommate as well. I also love to spend time with friends and family - especially if it involves going and getting food somewhere :). And I am also pretty involved in my church (catholic).

And I have a dog - a beagle, named Sadie, back home.

David is an RA on the overnight shift. We are so lucky to have him on our team! Welcome to our Windsor Manor Family David!

