

# The Silver Showcase

Volume 800 No. 10

Email: [silvercenter@sbcglobal.net](mailto:silvercenter@sbcglobal.net) • Website: [www.silvercenterseguin.com](http://www.silvercenterseguin.com)

October 2021

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*Glenda Layton*

### Assistant Director Volunteer Coordinator

*Pam Davis*

### Bookkeeper

*Bill Davis*

Phone: (830) 303-6612

Fax: (830) 379-3813

## Letter From the President:

Happy Fall, everyone! I guess it is officially pumpkin spice season! The variety of pumpkin items in the stores is amazing and, like it or not, it will be here for a while.

The center has been very busy lately with a variety of events. Even though we haven't been able to have our scheduled dances (due to covid) we have remained busy without regular daily activities as well as private get together ranging from birthdays and anniversaries to celebration of life receptions. One Saturday we had three different events going on at the same time. We are fortunate that Glenda and Pam have the knowledge to plan these things and that our community is supporting us by using our facilities. We are truly blessed to have volunteers that donate their time to help prepare and serve meals as well as cleaning up when everything is done. We can't do it without our volunteers and can certainly use more help. If you feel you would like to help, please call the Center and find a spot that works for you.

We are continuing to have lunches Tuesday through Friday, but we need to know in advance so that we know how many to cook for. Look at the calendar in the newsletter that shows the meals being served and call with your reservation. We also still provide delivery of meals to shut ins.

I have had many conversations regarding the Friday night dances and I know how much they are missed. We miss seeing everyone as well! I hope everyone understands that we can't go financially "in the hole" on those. We need to have enough folks coming through the door to at least cover the cost of the band. We are going to attempt other options so that at least our dancers can get together with their friends and get contact information for each other to stay in touch. Unfortunately, with privacy policies, we cannot give out personal information for and/or to our members. **Come out and support the band 'RIO', on Oct. 16th at 7:30PM for a great country dance.**

Please stop by to say hello when you can. There is always a glass of iced tea, a cup of coffee or a cold drink from the bar available. Stay safe and we hope to see you soon!

**Rosie Van Booven**



## HELLO FROM THE FRONT DESK....

We recently had a member call and ask “  
WHAT DO WE GET FOR OUR MEMBERSHIP?”

**I'm happy to give you a list of benefits!** *If you have something that you'd like to bring up for consideration to add to the benefits list please send us your idea in writing. We will submit it to our Bord of Directors for you. Anonymous ideas cannot be submitted. Please sign and give us your best contact number.*

- 1) Every month we work diligently to put together a newsletter to let you know what is happening and give you a source to find ‘*Things you can do*’ at the Center. We hope you enjoy the funny things in the newsletter as well as the informative ads and information. We also post the newsletter online at [silvercenterseguin.com](http://silvercenterseguin.com) and pictures and information of upcoming events are posted to Facebook. Please look up THE SILVER CENTER on Facebook.
- 2) We celebrate your birthday. We serve you a free, delicious hot lunch during your birthday month.
- 3) We host a Membership/Volunteer appreciation dinner/reception for our members yearly.
- 4) You'll receive a complimentary meal every time that you volunteer at the center.
- 5) We have a beautiful room ready for your group to hold pinochle, bridge, dominoes, bunk, and mahjong games for a slight fee (*or it is complimentary with the purchase of lunch*).
- 6) Free notary service offered for your important paperwork.
- 7) Advanced Directives assistance. I am trained to help you in filling out this very necessary paperwork for your personal family files.
- 8) You'll receive complimentary admission to a dance after working the event.
- 9) Membership provides a place to visit with others in a clean, safe atmosphere.
- 10) We serve as a place to borrow medical equipment (from our Lending Closet) so you don't have to purchase items needed temporarily.
- 11) We will even offer you \$50 off of one rental booking of any room at the Center with your \$40 a year membership!

*Please consider renewing your membership each year to help us continue to provide a place for our area-wide senior citizens and their families to gather.*

*Please stop by and visit soon!*

**Glenda**

### **BUSINESS MEMBERS**

The Silver Center is sincerely grateful for the support of our faithful Business Members.

### **DIAMOND MEMBERS**

*Gifted Hearts Hospice LLC.  
Seguin Noon Lions*

### **PLATINUM MEMBERS**

Guadalupe Regional Medical Center

### **GOLD MEMBERS**

Advanced Home Health Services  
Nogales Garden Club  
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Elder Care Solutions

### **STANDARD MEMBERS**

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Seguin Gazette-Enterprise  
Sunrise Lions Club  
Willowbrook Personal Care Home  
Guadalupe Humane Society  
Gary Kubenka Painting  
Mid Texas Symphony Guild





## October Word Scramble

OOTBLLTFA \_\_\_\_\_

LAFL \_\_\_\_\_

YHLLIC \_\_\_\_\_

STUNTSCHES \_\_\_\_\_

MNUTUA \_\_\_\_\_

ONRAC \_\_\_\_\_

THASRVE \_\_\_\_\_

DERYIHA \_\_\_\_\_

ZAIEM \_\_\_\_\_

PMPKUPIN \_\_\_\_\_

WCSOARCRE \_\_\_\_\_

GTHNIANGKSV \_\_\_\_\_



Please call Pam Davis at 303-6612 today to volunteer a couple of hours of your time around the Center.

VOLUNTEER - HOURS -  
300

THANK YOU to our VOLUNTEERS for being selfless, generous, and thoughtful. You have helped make a difference in the lives of others!

### DONATIONS FOR SEPTEMBER

“Buster “ and Mary Jane Cage  
Funky Monkey Vintage Venue  
Jerry Wayne Medlin Trust  
Mark Moore



*Our care makes the difference.  
Our heart makes it home*

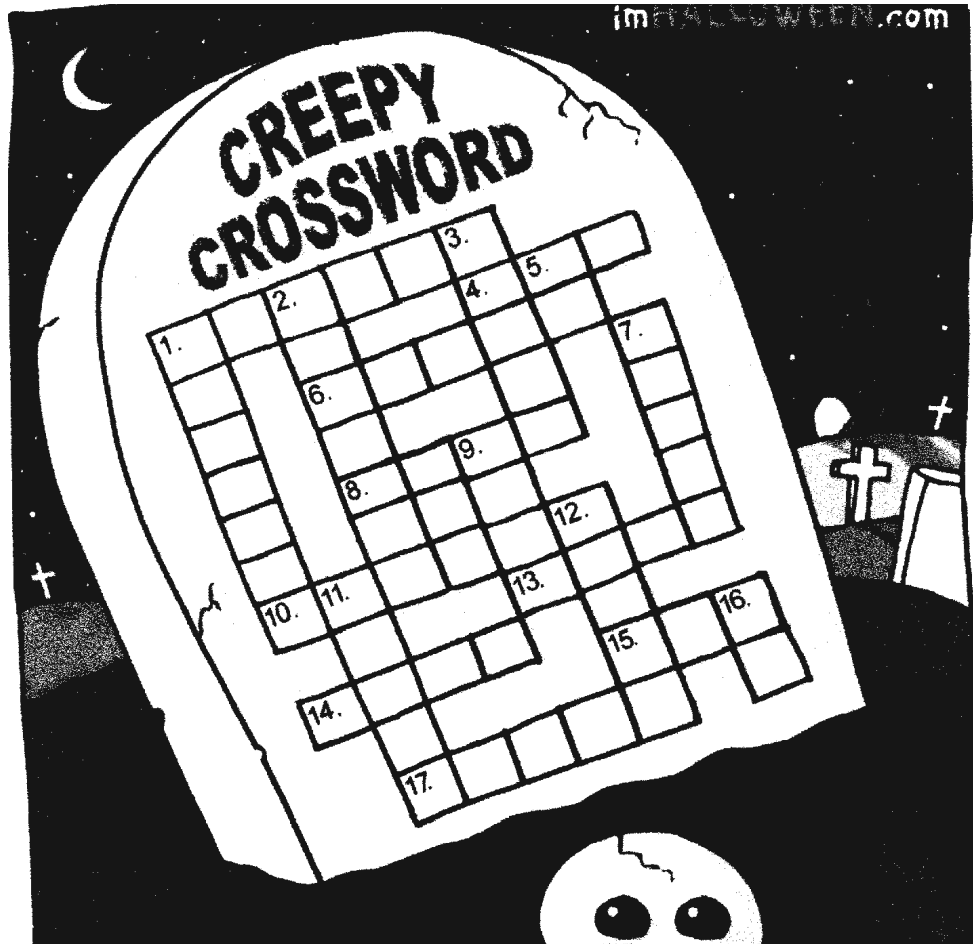
- \* Skilled Nursing Care
- \* Physical, Occupational & Speech Therapies
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- \* Complex wound care
- \* Tracheostomy care
- \* E-stim, Vital-stim & Ultrasound
- \* Wii-abilitation
- \* Delicious meals

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**ACROSS**

1. They say boo.
4. furry mammal
6. trick-or-\_\_\_\_\_
8. Every \_\_\_\_\_ loves Halloween.
10. When you get scared, you might \_\_\_\_\_.
13. A witch might have a \_\_\_\_\_ on her nose.
14. I \_\_\_\_\_ who you are in that costume.
15. Halloween is a fun time for every \_\_\_\_\_.
17. You might hear screams and \_\_\_\_\_ on Halloween.

**DOWN**

1. You collect these on Halloween night.
2. Halloween month
3. Some people dress up to be \_\_\_\_\_.
5. You can buy your costume \_\_\_\_\_ the store.
7. You dress up on Halloween \_\_\_\_\_.
9. Halloween pictures are fun to \_\_\_\_\_.
11. You eat this on Halloween.
12. You wear these on your face on Halloween.
16. Trick-or-treating is fun to \_\_\_\_\_.

# *Birthdays of the Month*

IF YOUR BIRTHDAY HAS PASSED PLEASE CALL  
AND LET US KNOW WHEN YOU'D LIKE TO  
COME BY TO PICK UP YOUR COMPLIMENTARY  
MEAL.

## OCTOBER BIRTHDAYS

Charles Dilocker	10/3
Robert Sabesta	10/3
Rebecca Galvan	10/7
Mary Ann Norris	10/12
Kelly Cox	10/13
June Rouse	10/17
Evelyn Arentz	10/18
Jeanne Behal	10/20
Alta Stark	10/21
Ronnie James	10/27
Sharee Layton	10/30
Lorraine Brown	10/31


Sept. 23 Birthday  
accendentialy left off:

Happy Birthday -- Anne Costas

"Things are never quite as scary when you've got  
a best friend." -Bill Waterson


"If you carry joy in your heart, you can heal any  
moment." -Carlos Santana

"To improve is to change; to be perfect is to  
change often." -Winston Churchill



We'd like to welcome you to our family.  
WellMed accepts patients with Medicare  
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Live Well. Live WellMed.

This is an advertisement. \*Plans vary by location and county.  
Family\_AD TJ012114

"Eye of newt, and toe of frog,  
Wool of bat, and tongue of dog,  
Adder's fork, and blind-worm's sting,  
Lizard's leg, and owlet's wing,—  
For a charm of powerful trouble,  
Like a hell-broth boil and bubble.  
Double, double toil and trouble;  
Fire burn, and caldron bubble."  
-William Shakespeare



## **Roasted Butternut Squash and Bacon Soup – *By far the best butternut squash soup ever***

1 Butternut Squash, peeled, seeded and cut in 1-inch chunks	1 onion, diced
1 Red bell pepper. Chopped	4 slices, bacon, chopped
2 Ttblsp. Olive Oil	2 Cloves, Garlic, minced
Salt and Pepper, to taste	

### **FOR THE SOUP**

4 slices, bacon, diced	½ tsp. Thyme
2 ½ c. Chicken Stock, or more, to taste	2 Ttblsp. Chopped Chives

Preheat oven to 400 degrees. Lightly oil a baking sheet or coat with nonstick spray. Place butternut squash, onion, bell pepper, and bacon in a single layer onto the prepared baking sheet. Add olive oil and garlic; season with salt and pepper, to taste. Gently toss to combine. Place into oven and bake for 25-30 minutes, or until butternut squash is tender, stirring at halftime.\* Heat a large skillet over medium high heat. Add bacon and cook until brown and crispy, about 6-8 minutes. Transfer to a paper towel-lined plate. Heat a large stockpot or Dutch oven over medium heat. Add butternut squash mixture and thyme, and cook, stirring occasionally, until fragrant, about 1-2 minutes, season with salt and pepper, to taste. Stir in chicken stock and puree with an immersion blender. Bring to a boil; reduce heat and simmer until slightly thickened, about 5-10 minutes. If the soup is too thick, add more chicken stock as needed until desired consistency is reached. Serve immediately, garnished with bacon and chives, if desired.

- Baking time may need to be adjusted depending on the size of the squash.

## **Pumpkin Snickerdoodles – *All the best fall flavors in one deliciously baked cookie***

1 C. Butter, softened	1 ½ C. Sugar
1 Egg	¾ C. Pumpkin Puree, remove extra moisture with paper towel
1 tsp. Vanilla	2 ¾ C. All-purpose Flour
1 tsp. Baking Soda	½ tsp. Salt
1 ½ tsp. Cream of Tarter	½ tsp. Cinnamon
¼ tsp. Pumpkin Spice	¼ tsp. Nutmeg
1/8 tsp. Ginger	1 C. White Chocolate Chips

<b>Sugar mixture for rolling dough in:</b>	½ C. Sugar	4 tsp. Cinnamon	1 tsp. Pumpkin Spice
--------------------------------------------	------------	-----------------	----------------------

Preheat oven to 350 degrees. Line cookie sheets with parchment paper or spray with nonstick spray. In a medium bowl, combine all the dry ingredients: flour, baking soda, baking powder, salt, cream of tarter, cinnamon, pumpkin spice, nutmeg and ginger. Set aside. In a large bowl, cream butter, and sugar with a mixer. Add in vanilla and egg and mix just until combined. Then add in the pumpkin and stir until combined. Add flour mixture to pumpkin mixture and mix together. Fold in the white chocolate chips and then cover bowl with plastic wrap. Place in refrigerator for at least 15 minutes. In a small bowl, mix together the remaining sugar, cinnamon and pumpkin spice. Roll the dough into 1 inch balls and then roll into the sugar mixture. Place the cookies on the pan about two inches apart. Bake for 12-13 minutes, or until the edges are lightly golden. Remove from oven and allow cookies to cool for 1-2 minutes on the pan. Place on cooling rack to cool completely.

## Maple Ginger Pork and Sweet Potatoes

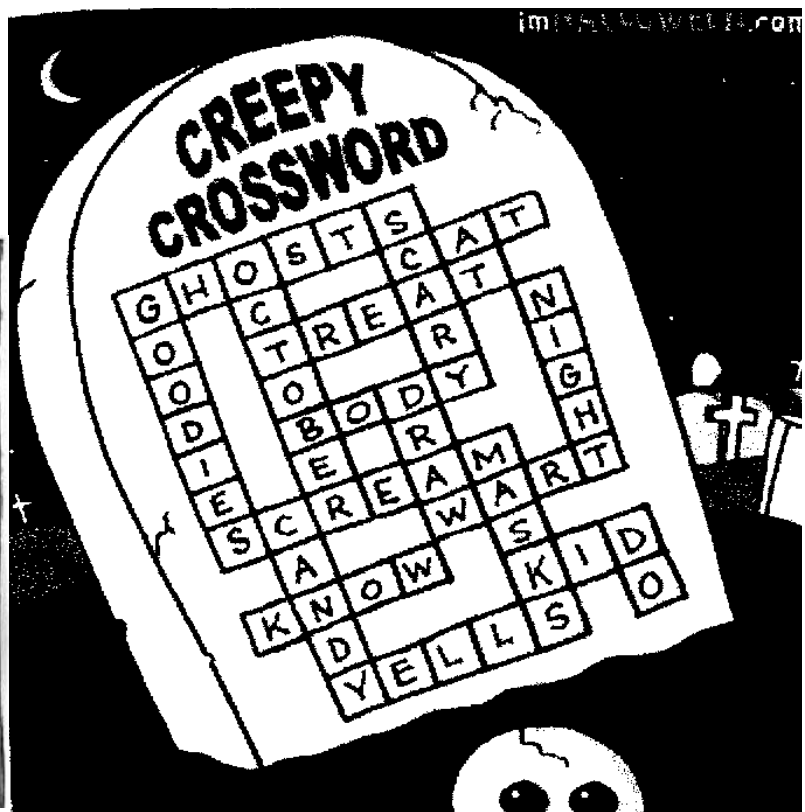
4 (3/4 to 1 inch thick) Center Cut, bone in Pork Chops  
3 Tblsp. Salt, plus more for seasoning  
2 Tblsp. Minced, peeled, fresh Ginger, divided  
2 Tblsp. Apple Cider Vinegar  
1 Garlic Clove, minced  
1 medium, Red Onion, chopped

3 C. Cold Water, divided  
2 Tblsp. Maple Syrup, divided  
Pepper, to taste  
2 Tblsp. Olive Oil  
2 large, Sweet Potatoes (cut into 1 inch cubes)

Bring 1 cup of the water to a boil in a small saucepan. Add the 3 tablespoons of salt, 1 tablespoon of maple syrup, and 1 tablespoon of the ginger, and stir to dissolve the salt and the syrup. Remove from the heat and add the remaining 2 cups cold water to bring the temperature of the brine down to room temperature.

Place the pork chops in a single layer in a shallow dish. Pour the brine over the pork chops, making sure they are completely covered. Cover and refrigerate for 30 minutes or up to 4 hours.

Arrange a rack in the middle of the oven and heat to 400 degrees. Remove the chops from the brine and pat them dry with paper towels. Season all over with salt and pepper. Whisk the remaining 1 tablespoon maple syrup and apple cider vinegar together in a small bowl; set aside. Heat the oil in a large cast iron or oven safe skillet (large enough to fit all 4 chops) over medium-high heat until shimmering. Add the pork chops and sear until the bottoms of the chops are golden brown, about 3 minutes. Flip the chops and cook until the second side is golden brown, about 3 minutes more. Transfer to a plate. Add the remaining 1 tablespoon ginger and garlic to the skillet and saute until fragrant, about 30 seconds. Add the sweet potatoes and onion, season with salt and pepper, and saute until the vegetables are tender, 6-8 minutes. Return the pork chops to the skillet, nestling them among the vegetables. Pour the maple syrup and vinegar mixture evenly over the pork and vegetables. Carefully transfer the hot skillet to the oven and roast until the pork chops are cooked through, roughly should take about 6-10 minutes. Remove the skillet from the oven, tent it loosely with foil, and let the chops rest 5 minutes before serving.





## *The Crystal Chandelier Ballroom*

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**Use Code: DRIVINGSKILLS**

**This offer valid through Dec. 31, 2021 for the online course only.**



# October 2021

## EVENTS

October

November

October 2021

EVENTS

Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
					1	2		1	2	3	4	5	6
3	4	5	6	7	8	9	7	8	9	10	11	12	13
10	11	12	13	14	15	16	14	15	16	17	18	19	20
17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	25	26	27	28	29	30	28	29	30				
31													

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	10/1	2
				Bridge	Pinochle	6p Private event
				Lions Luncheon		
3	4	5	6	7	8	9
1p Private event	CENTER CLOSED	Bridge	Bridge	Bridge	Pinochle	Private event
		Private event	Chamber Luncheon	Lions Luncheon		9a Art Guild
		Sigma Pi	We cater			
10	11	12	13	14	15	16
	CENTER CLOSED	Bridge		Bridge	Pinochle	Dance to RIO
	11:30a Ambassador Li	Symphony Guild mee		Lions Luncheon		7:30p Classic Country
	6p Gideons dinner					
17	18	19	20	21	22	23
	CENTER CLOSED	Bridge	Bridge	Bridge	Pinochle	
		Real Estate lunch		Lions Luncheon		
		5:30p Board Meeting				
24	25	26	27	28	29	30
5p Symphony Guild	CENTER CLOSED	Bridge		Bridge	Pinochle	
		5:30p Oak Creek Neig		11:30a Republican Wc		
				12p Lions Luncheon		



## MEMORIALS

\*\*\* Note that any memorials  
received after we go to press will be  
in the next month's newsletter.

**You will all be missed...**

# THM

**Tres Hewell Mortuary, Inc.**

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Memorial in Honor of:

\_\_\_\_\_

Send Acknowledement to

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State/Zip: \_\_\_\_\_

Memorial From: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State/Zip: \_\_\_\_\_

**Thank you for the remembrance**

*The Silver Center*

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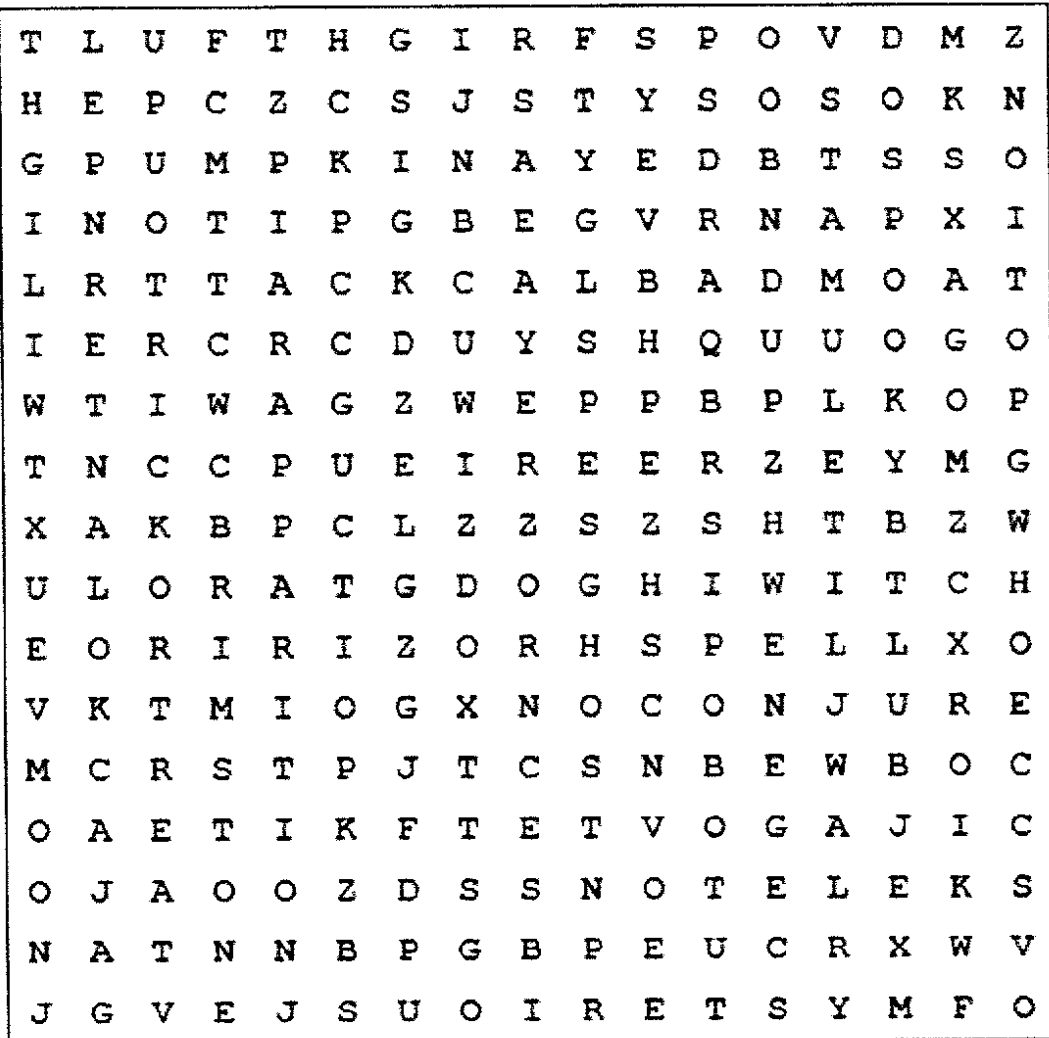
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*"Look to Seguin Assisted Living for a Carefree Future"*





# Happy Halloween



AMULET  
APPARITION  
BATS  
BLACK CAT  
BOO  
BRIMSTONE  
CACKLE  
CAULDRON  
COBWEB

CONJURE  
EERIE  
FRIGHTFUL  
GHOST  
GOOSE BUMPS  
JACK-O-LANTERN  
MOON  
MYSTERIOUS  
PHANTOM

POTION  
PUMPKIN  
SKELETON  
SPELL  
SPOOKY  
TRICK OR TREAT  
TWILIGHT  
WITCH



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## FIND YOUR NAME

A member's scrambled name is in the newsletter each month. If it is your name, call the Silver Center at 303-6612 and receive a free coupon of your choice.

**RYREHS NOSWDA**

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**Hearing**  
**aid center**

Amy Trost,  
BC-HIS, ACA

Owner  
Independent  
Hearing Instrument  
Specialist



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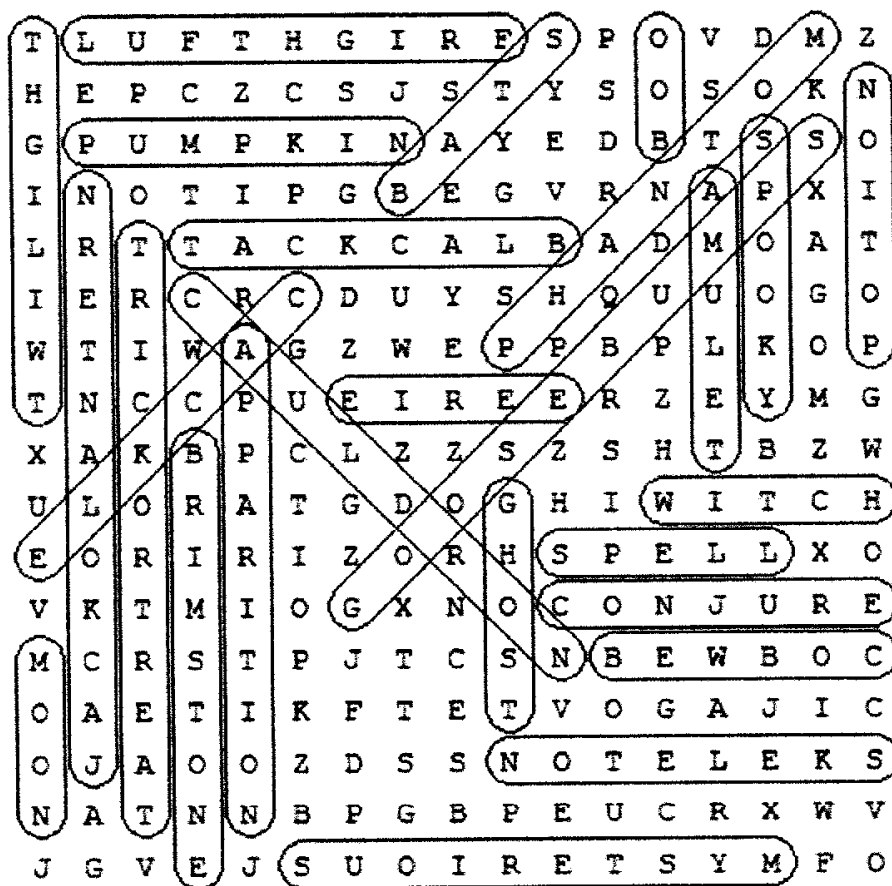
122 S. Moss ~ Seguin, Texas 78155

"Across from Guadalupe Regional Medical Center Entrance"

"to help you hear  
better we listen  
with our heart..."

830-372-2237

830-372-2380 fax





## **SOME GREAT ADVICE FOR SENIOR CITIZENS**

1. **It's time to use the money you saved up. Use it and enjoy it.** Don't just keep it for those who may have no notion of the sacrifices you made to get it. This is a time for you to enjoy peace and quiet and good times!
2. **Stop worrying about the financial situation of your children and grandchildren,** and don't feel bad spending your money on yourself. You've taken care of them for many years, and you've taught them what you could. You gave them an education, food, shelter and support. The responsibility is now theirs to earn their own money.
3. **Keep a healthy life, without great physical effort.** Do moderate exercise (like walking every day), eat well and get your sleep. It's easy to become sick, and it gets harder to remain healthy. That is why you need to keep yourself in good shape and be aware of your medical and physical needs. Keep in touch with your doctor, do tests even when you're feeling well.
4. **Always buy the best, most beautiful items for yourself and/or your significant other.** The key goal is to enjoy your money. One day one of you will miss the other, and the money will not provide any comfort then, enjoy it together.
5. **Don't stress over the little things.** You've already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don't let the past drag you down and don't let the future frighten you. Feel good in the now.
6. **Regardless of age, always keep love alive.** Love your partner, love life, love your family, love your neighbor and remember: "A man is not old as long as he has intelligence and affection."
7. **Be proud, both inside and out.** Don't stop going to your hair salon or barber, do your nails, go to the dermatologist and the dentist, keep your perfumes and creams well stocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong.
8. **Don't lose sight of fashion trends for your age, but keep your own sense of style.** There's nothing worse than trying to wear the current fashion found only among youngsters. You've developed your own sense of what looks good on you – keep it and be proud of it. It's part of who you are.
9. **Always stay up-to-date.** Read newspapers, watch the news. Go online and read what people are saying. Make sure you have an active email account and try to use some of those social networks. You'll be surprised what old friends you'll meet. Keeping in touch with what is going on and with the people you know is important at any age.
10. **Respect the younger generation and their opinions.** They may not have the same ideals as you, but they are the future, and will take the world in their direction. Give advice, not criticism, and try to remind them that yesterday's wisdom still applies today.
11. **Never use the phrase: "In my time." Your time is now.** As long as you're alive, you are part of this time. You may have been younger, but you are still you now, having fun and enjoying life.
12. Some people embrace their golden years, while others become bitter and surly. Life is too short to waste your days on the latter. **Spend your time with positive, cheerful people, it'll rub off on you and your days will seem that much better.**

**13. Do not surrender to the temptation of living with your children or grandchildren** (if you have a financial choice). Sure, being surrounded by family sounds great, but we all need our privacy. They need theirs and you need yours. If you've lost your partner (our deepest condolences), then find a person or pet to move in with you and help out. Even then, do so only if you feel you really need the help or really do not want to live alone.

**14. Don't abandon your hobbies.** If you don't have any, make new ones. You can travel, hike, cook, read, or dance. You can adopt a cat or a dog, grow a garden, play cards, checkers, chess, dominoes, golf. You can paint, volunteer or just collect certain items. Find something you like and spend some real time having fun with it.

**15. Even if you don't feel like it, try to accept invitations.** Baptisms, graduations, birthdays, weddings, conferences. Try to go. Get out of the house, meet people you haven't seen in a while, experience something new (or something old). But don't get upset when you're not invited. Some events are limited by resources, and not everyone can be hosted. The important thing is to leave the house from time to time. Go to museums, go walk through a field. Get out there.

**16. Be a conversationalist. Talk less and listen more.** Some people go on and on about the past, not caring if their listeners are really interested. Listen first and answer questions, but don't go off into long stories unless asked to. Speak in courteous tones and try not to complain or criticize too much unless you really need to. Try to accept situations as they are. Always find some good things to say as well.

**17. Pain and discomfort go hand in hand with getting older. Try not to dwell on them but accept them as a part of the cycle of life we're all going through.** They are not who you are, they are something that life added to you. If they become your entire focus, you lose sight of the person you used to be.

**18. If you've been offended by someone – forgive them.** If you've offended someone - apologize. Don't drag around resentment with you. It only serves to make you sad and bitter.

**19. If you have a strong belief, savor it. But don't waste your time trying to convince others.** They will make their own choices no matter what you tell them, and it will only bring you frustration. Live your faith and set an example.

**20. Laugh.** Laugh A LOT. Laugh at everything. Remember, you are one of the lucky ones. You managed to have a life, a long one. Many never get to this age, never get to experience a full life. But you did. So what's not to laugh about? Find the humor in your situation.

**21. Take no notice of what others say about you and even less notice of what they might be thinking.** They'll do it anyway, and you should have pride in yourself and what you've achieved. Let them talk and don't worry. They have no idea about your history, your memories and the life you've lived so far. **There's still much to be written, so get busy writing and don't waste time thinking about what others might think.**

**REMEMBER:** *"Life is too short to drink bad wine and warm beer."*

*"Smile. It makes people wonder what you're up to."*

**Author unknown**



# October 2021

October

November

Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
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17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	25	26	27	28	29	30	28	29	30				
31													

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

26

27

28

29

30

10/1

2

Bridge

Fried or Sauteed

Lions Luncheon

SHRIMP

3

4

CENTER CLOSED

5

Spaghetti & Meatsauc

6

Chamber Luncheon

Queso Chicken

7

Smothered Porkchop:

8

FISH

Fried or Sauteed

9

10

11

CENTER CLOSED

12

Beef Stew

13

Paprika Chicken

14

Jerk Pork

15

Fried or Sauteed

SHRIMP

16

Dance to RIO

7:30p Classic Country

17

18

CENTER CLOSED

19

Chicken Alfredo

20

Chicken Enchiladas

21

Smothered Steak

22

FISH

Fried or Sauteed

23

24

25

CENTER CLOSED

26

Fried Chicken Tenderl

27

Sheppard's Pie

28

BBQ Chicken

29

Fried or Sauteed

SHRIMP

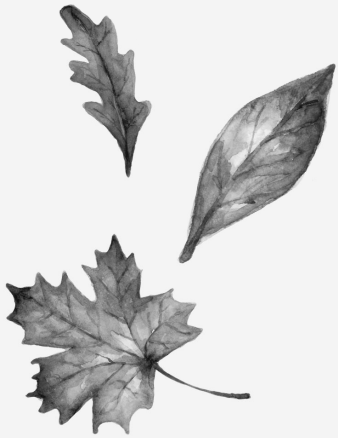
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SEGUIN, TEXAS



# OCTOBER FACTS

The beauty of the changing leaves makes for October being a popular month. Every year, nature puts on the ultimate show as the leaves change colors. Whether you take a scenic drive or head off for a proper weekend vacation, October will give you the full effect of the fall foliage. Whether you live in the north, autumn is really kicking into gear and the nights are getting cooler. The harvest festival are over, the nights getting longer and longer by the day. In our part of the world, spring has already bloomed in all its glory, and life is becoming more and more pleasant by the day. Cooler nights, can still be found, but overall it is a wonderful time to get outside and enjoy the warmth of the sun.

The meaning behind October's name is far from accurate these days. The ancient Roman calendar was based on the lunar cycles, as opposed to our current calendar that is based on the solar cycles. The Anglo-Saxons' name for October was Winterfylleth, with its name containing the words for winter and full moon respectively. The Saxons also had a name for October. Theirs was Wyn Monath, which translated into "wine month" because it was the time of the year for making wine.

October has just one birthstone, but with this dazzling stone who needs another? This stone is the Opal, which was valued by the ancient Romans as priceless of all. The opal comes in a myriad of striking colors that often seem to swirl together and is a symbol of both faithfulness, purity, and hope.

October has two strikingly different birth flowers, the pastel-hued cosmos and the radiant marigold flowers. The cosmos flower is representative of the joy one finds in peace and love, as well as representing peace. The marigold, otherwise known as the calendula, is said to be a symbol of tranquility, grace, and grief.

There is an amazingly varied number of holidays and observances celebrated throughout the world in October. Some of which stand out the most are World Vegetarian day on October 1, World Animal Day on October 4, World Food Day on October 16, and International Animation Day on October 28<sup>th</sup> and of course there is Halloween on October 31<sup>st</sup>.

Some of the wackier holidays that are celebrated in the US deserved their own listing, and we are sure you will agree! October 4 is National Noodle Day, Oct. 16 is National Fossil Day, Sweetest Day is on the 17<sup>th</sup> and Boss' Day is celebrated on October 19<sup>th</sup>.

Those born in October can be born under one of two very different star signs. If you are born before October 23<sup>rd</sup>, then you have the sign of Libra. Those born on October 23<sup>rd</sup> or later have the sign of Scorpio. Libras are said to value harmony and diplomacy and are said to be both intelligent and kind. Scorpions are quite different, valuing trust and honesty above all things, as well as being quite intense yet imaginative people.

As you can see, October is a fantastic time of year. No matter where you are in the world, the weather is just simply wonderful, with nature putting on a fully display for all who step outdoors. For many people, the month of October drags on until Halloween and all the celebrations that come with it, and then it is over excessively quickly! If this month drags by for you check this issue for some delicious recipes that will have your home filled with good scents and eats!

**Where there is LOVE,  
there is LIFE!**



## **OCTOBER WORD SCRAMBLE ANSWERS**

**FOOTBALL  
FALL  
CHILLY  
CHESTNUTS  
AUTUMN  
ACORN  
HARVEST  
HAYRIDE  
MAIZE  
PUMPKIN  
SCARECROW  
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**"To celebrate growing older, I once wrote the 45 lessons life taught me. It is the most requested column I've ever written."** *Regina Brett, 90 years old, writer for the Cleveland Plain Dealer, Cleveland, Ohio.*

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short – enjoy it.
4. Your job won't take care of you when you are sick. Your friends and family will.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Stay true to yourself.
7. Cry with someone. It's more healing than crying alone.
8. Save for retirement starting with your first paycheck.
9. When it comes to chocolate, resistance is futile.
10. Make peace with your past so it won't screw up the present.
11. It's OK to let your children see you cry.
12. Don't compare your life to others. You have no idea what their journey is all about.
13. If a relationship must be a secret, you shouldn't be in it.
14. Everything can change in the blink of an eye, but don't worry, God never blinks.
15. Take a deep breath. It calms the mind.
16. Get rid of anything that isn't useful. Clutter weighs you down in many ways.
17. Whatever doesn't kill you really does make you stronger.
18. It's never too late to be happy. But it's all up to you and no one else.
19. When it comes to going after what you love in life, don't take no for an answer.
20. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
21. Over prepare, then go with the flow.
22. Be eccentric now. Don't wait for old age to wear purple.
23. The most important sex organ is the brain.
24. No one is in charge of your happiness but you.
25. Frame every so-called disaster with these words 'In five years, will this matter?'
26. Always choose life.
27. Forgive.
28. What other people think of you is none of your business.
29. Time heals almost everything. Give time.
30. However good or bad a situation is, it will change.
31. Don't take yourself so seriously. No one else does.
32. Believe in miracles.
33. Don't audit life. Show up and make the most of it now.
34. Growing old beats the alternative of dying young.
35. Your children get only one childhood.
36. All that truly matters in the end is that you loved.
37. Get outside every day. Miracles are waiting everywhere.
38. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
39. Envy is a waste of time. Accept what you already have, not what you need.
40. The best is yet to come...
41. No matter how you feel, get up, dress up and show up.
42. Yield.
43. Life isn't tied with a bow, but it's still a gift."

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**Are you looking for some fun exercise?**

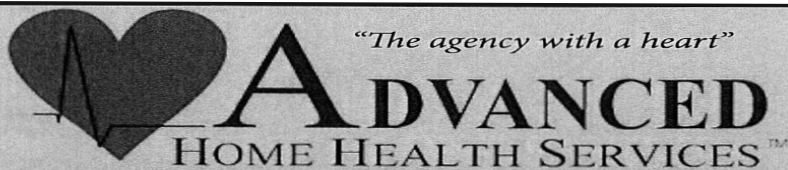
**Starting Friday, September 3<sup>RD</sup>**

**FREE LINE DANCE CLASSES will be held in  
The Crystal Chandelier Ballroom *every Friday!***

**Beginners Class starts at 2:30PM**

**Line dancing will begin at 3PM and you can  
dance/exercise/have fun until 5PM!**

**We hope that you will join us...**

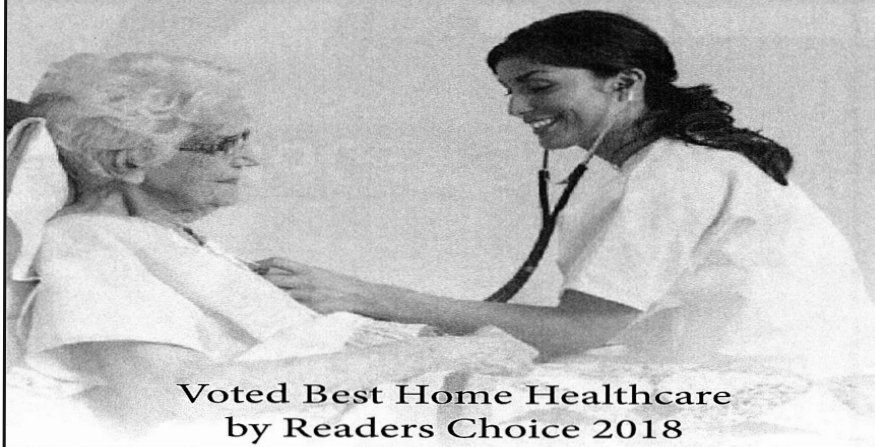


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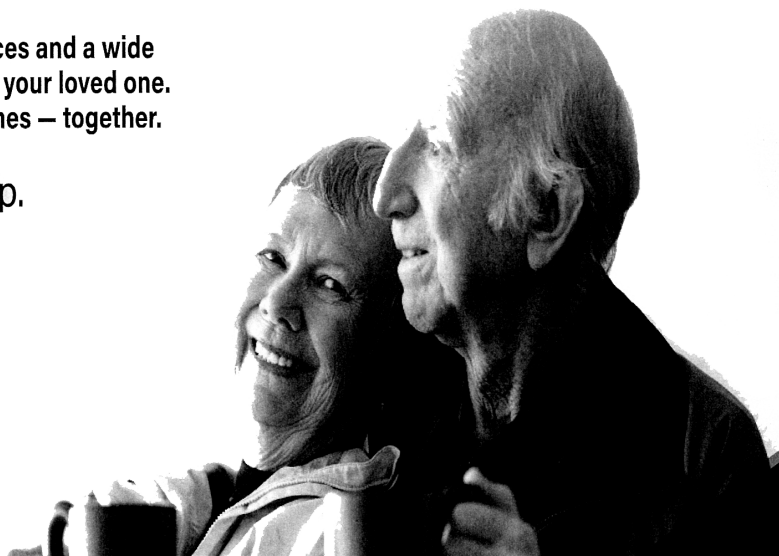


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