

For your funny bone

Autumn in Florida



Mixed-Up Classic Movies (Answers)

1. The Wolf Man
2. The Mummy
3. Psycho
4. The Fly
5. The Birds
6. Bride of Frankenstein
7. The Invisible Man
8. Nosferatu
9. Dracula
10. Dr. Jekyll and Mr. Hyde

Arbor Hills Grapevine

October 2018



Arbor Hills Senior Residence
4145 Lakeland Hills Blvd.
Lakeland, FL 33805

Resources

Mary Gaudet
Executive Director

Robin Moran
Community Director

Jerome Jackson
Food Service Director

Ramon Miranda
Maintenance Director

C.J. Cale
Activities Director

Lori Merrill
Resident Relations

Physician Transport
Wednesday and Friday

Shopping
Monday

Beauty Shop
Open on Saturdays for hair appt. and Tuesdays for Mani&Pedi's.

See reception to make appointment

From the Community Director

First, I would like to take this opportunity to thank everyone for the very warm welcome that you all have extended. You have made the transition into my new position here at Arbor Hills very easy with your kindness. Please know that I am here for you if you ever need anything. If it is in my ability, I am here to help.

Also, we would like your feedback! C.J., our Activities Director will be handing out surveys for activities. We want you to enjoy yourself here and want to know what kind of new activities you want to see on the calendar. We know you are very active and want to keep you that way! So please complete the survey when you receive it. We are open to ALL suggestions. We have a lot of people from a lot of different backgrounds and interests.

Finally, I want to thank everyone for their continued residency here. We appreciate you all and appreciate the fact that you call Arbor Hills home. Again, if you need anything, please let us know. We are here for you! Have a great October!!

Sincerely,

Robin Moran.

Skating Through History

The first wheels, invented around 3500 B.C., were not used for transportation but as potters' wheels for molding clay. It took 300 years before wheels were used to move chariots. And it took almost another 5,000 years for someone to invent the first roller skate. Consider the colorful history of this wonderful invention during October, Roller Skating Month.

The first recorded instance of someone affixing wheels to shoes came in 1760 when John Joseph Merlin embedded metal wheels into his shoes. Merlin planned to debut his invention at a London masquerade party. He wanted to shock the party-goers by gliding into the salon while playing the violin. Unfortunately, Merlin hadn't yet perfected his skating technique and his wheels were not engineered to turn, so instead of gliding gracefully, he sped into a mirror and crashed, suffering injuries to both his body and his pride.



Over the next few decades, various designs of roller skates all suffered the same design flaw: the fixed wheels made it almost impossible to turn. Finally, in New York City in 1863, James Leonard Plimpton invented his "quad skates" or "rocker skates." His skates consisted of four wheels attached to springy rubber cushions that allowed wearers to easily turn by shifting their weight from side to side. Plimpton capitalized on his invention by establishing the first roller rink at his New York City furniture store.

By the 1880s, roller skates were a booming industry. Rinks opened across America and all around the world. By the 1950s, food was being delivered to cars by roller-skating "carhops" at drive-ins. And by the 1970s, the roller revolution reached its height. It came as no great surprise when, in 1983, President Ronald Reagan declared October Roller Skating Month.

Intuitive Magic



The third-eye chakra is known as Ajna in the Hindu tradition.

On October 31, Halloween, strange things may go bump in the night. Perhaps this is why this date is also Increase Your Psychic Powers Day. Psychic powers derive from extrasensory perception (ESP), senses beyond our physical five senses. Although there is no scientific evidence to confirm the existence of psychic powers, clairvoyants believe in abilities such as reading minds

and divining the future. Perhaps another way of looking at psychic ability is by redefining it as *intuition*. Hindus believe in the third-eye *chakra*, an energy center located between the eyes that is the center of our power of intuition, or inner knowledge, guided by a sixth sense. So even if you do not believe in psychic ability, consider October 31 an opportune time to welcome new possibilities.

The Wonders of Yosemite

The natural wonders of Yosemite Valley, located within California's Sierra Nevada mountain range, are easy to observe: the famous Half Dome, the granite cliffs of El Capitan, the giant sequoia trees, the delicate waterfalls. While the valley's scenic natural beauty brings peace to its visitors, its journey to becoming a national park in October of 1890 was anything but peaceful.

The Yosemite Valley had been inhabited for 3,000 years by Native American tribes, most recently the Ahwahnechee, a band that did not hesitate to fight off invaders to their territory. A neighboring tribe, the Miwok, called the Ahwahnechee *Yos s e'meti*, a word meaning "those who kill." It is from this word that Yosemite valley got its name. This word, it seems, could also refer to the white European settlers in the region. Once gold was struck in California in the mid-19th century, white Europeans overran the valley, driving out the Native Americans. As news of California's gold spread, more settlers arrived,

and in 1864, President Abraham Lincoln moved to preserve seven square miles of the valley and the Mariposa Grove of sequoia trees as a public trust of California, marking the first time the U.S. government set aside land for public enjoyment.

It wasn't until 1889 that naturalist John Muir ventured into Yosemite. He was awed by its beauty and also worried that the vast meadows surrounding Yosemite valley were unprotected. Sheep, which Muir called "hoofed locusts," were grazing the land into destruction. Muir solicited the help of Washington, D.C., magazine editor Robert Underwood Johnson to lobby Congress to protect Yosemite as a national park. On October 1, 1890, Congress set aside over 1,500 square miles of land, an area almost the size of Rhode Island, as Yosemite National Park, America's third such federally protected land after Yellowstone and Sequoia. Today, Yosemite is as attractive as it ever was in history, drawing more than 4 million visitors each year.



Notable Quotable

“Make pumpkin bread as the default gift for everyone. It is cheap, it is beloved, it is carbs.”

~ Karen Bender, novelist

October Horoscopes and Birthdays

In astrology, Libras are those born between October 1–22. Libras, symbolized by the scales, strive for balance, avoid conflict, and desire fairness for everyone. To achieve this, they are sociable, strategic, charming, and diplomatic. Those born between October 23–31 are Scorpios. Scorpios are passionate and deep, qualities that help them counsel others in meaningful ways. Resourceful and determined, Scorpios make good managers.

Groucho Marx – October 2, 1890
 Buster Keaton – October 4, 1895
 Desmond Tutu – October 7, 1931
 Eleanor Roosevelt – October 11, 1884
 Paul Simon – October 13, 1941
 Lee Iacocca – October 15, 1924
 Evel Knievel – October 17, 1938
 Mickey Mantle – October 20, 1931
 Dizzy Gillespie – October 21, 1917
 Minnie Pearl – October 25, 1912
 Dylan Thomas – October 27, 1914
 Jonas Salk – October 28, 1914
 Dan Rather – October 31, 1931

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.



Upcoming Events and Activities

October 2nd - Let your voice be heard at the Town hall Meeting in the CC at 10:15am

October 3rd – Come meet new friends at the New Resident Reception in the CC at 1:00pm

October 4th- Come get your bid on! Join us in the CC for the Lima Bean Auction. Starting at 3:00pm

October 5th Join us for fun at **Happy Hour** in the CC at 3:45pm with **DJ Diamond Jim**

October 12th – Bring your friends and a smile to **Happy Hour** featuring **Sherrie Nosal** at 3:45pm. In the CC.

October 19th – Come get Happy at **Happy Hour** with **Eddie Rivers** 3:45pm. In the CC.

October 26th – Be entertained by **Sam Kistner** during **Happy Hour** at 3:45pm in the CC

Resident Birthdays

Linda Storts – October 5th

Marion Relph – October 9th

Margaret Huddle – October 11th

Betty Johnson – October 12th

Harold Meserole – October 19th

Joann Kretzer – October 22nd

Carmen Soto – October 25th

This Month In History

- October 1st, 1908 - Henry Ford's Model T, a "universal car" designed for the masses, went on sale for the first time for \$850.00. (\$23,296.10 today). The addition of the assembly line in 1925 lowered the cost of the Model T to under \$300.00. (\$4,322.50 today).
- October 2nd, 1967 – Thurgood Marshall (1908-1993) was sworn in as the first African American associate justice of the U.S. Supreme Court. Her served until 1991 and was known for opposing discrimination and the death penalty, and for championing free speech and civil liberties.
- October 4th, 1965 – Pope Paul VI became the first Pope to visit the U.S. and the first to address the United Nations.
- October 6th, 1927 – The first "Talkie" opened in New York. *The Jazz Singer* starring Al Jolson was the first full-length feature film using spoken dialogue.
- October 11th, 1939 – Albert Einstein warned President FDR that his theories could lead to Nazi Germany's development of an atomic bomb. Einstein suggested the U.S. develop its own bomb. This resulted in the "Manhattan Project".
- October 24th, 1945 – The United Nations was founded.
- October 28th, 1636 – Harvard University, the oldest institution for higher learning in America was founded in Cambridge, Massachusetts. It was named after John Harvard who donated his library and half of his estate.
- October 30th, 1938- the *Ware of the Worlds* radio broadcast panicked millions of Americans. Actor Orson Welles & the Mercury Players dramatized the story by H.G. Wells depicting a Martian invasion of New Jersey. Their script utilized simulated radio news bulletins which many listeners thought were real.
- October 31st, 1941 – Mount Rushmore National Park was completed after 14 years of hard work.

Mixed-Up Classic Horror Movies

Unscramble the letters to reveal titles of classic horror movies.

1. EHT LOFW ANM _____
2. EHT MMMUY _____
3. OYCPSH _____
4. EHT LFY _____
5. EHT DIRBS _____
6. RIEBD FO AINNNEKREST _____
7. EHT BINSIEVLI ANM _____
8. UNRSFTAEO _____
9. UARLDAC _____
10. RD LYELJK NAD RM YEHD _____