

# Salishan

GRACIOUS RETIREMENT LIVING

191 Astaire Lane • Spring Hill, Florida 34609 • Phone (352) 263-2300 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

## OCTOBER 2020 SALISHAN STAFF

Managers..... JOHN & BECKY COON  
Assistant Managers ..... STEVE & DEBI WILKINS  
Executive Chef ..... GARY NILES  
Community Sales ..... KERI LIM  
Activity Coordinator ..... ARIEL LENART  
Maintenance Coordinator..... PEDRO SANCHEZ  
Bus Driver ..... BILL FRAMPTON

## TRANSPORTATION

**Monday, 9:15 a.m.-3:15 p.m.:** Shopping

**Tuesday, 9:15 a.m.-3:15 p.m.:** Doctor  
Appointments — Spring Hill

**Wednesday, Resident Outing:** See Calendar

**Thursday, 9:15 a.m.-3:15 p.m.:** Doctor  
Appointments — Oak Hill and Brooksville

**Friday, 9:15 a.m.-3:15 p.m.:** Shopping

HAWTHORN  
SENIOR LIVING

## Tie-Dyed Totes

Last month, we had fun tie-dyeing tote bags. Each one came out unique and beautiful!

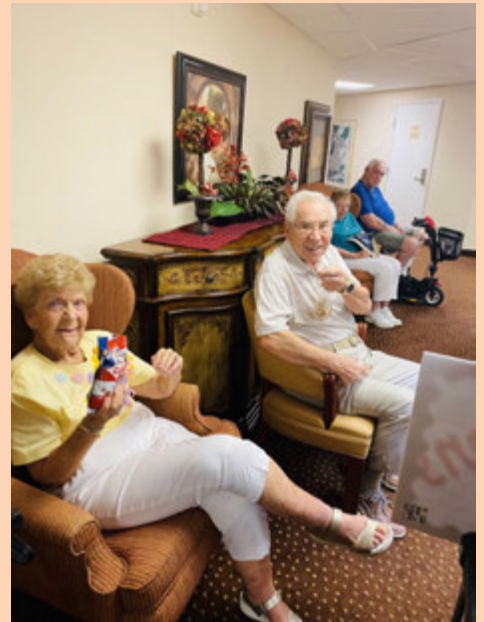
Later this month, break out your tie-dyed clothing and your bell bottoms to enjoy a groovy day. We're having a throwback Thursday to the '70s on Thursday, October 15th. Louie will be coming to sing to us and we will be tie-dyeing T-shirts at 4:30 p.m.





## Carnival!

Last month, we had a fun-filled day here at Salishan. We went to a concert by Louie and enjoyed a Carnival-themed concession cart. On the cart there was cotton candy, kettle corn, funnel cake sticks, popcorn, soft pretzels and peanuts, goodies any carnival would have. After the concert, we played carnival games and won prizes. What a fun day it was!



## Thrift Shopping!

We had a wonderful time shopping at our local thrift stores. We had fun looking through the stores, finding treasures. Then, we enjoyed a tasty lunch at Cheddar's.

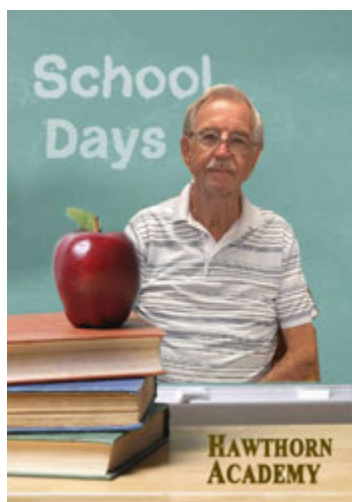
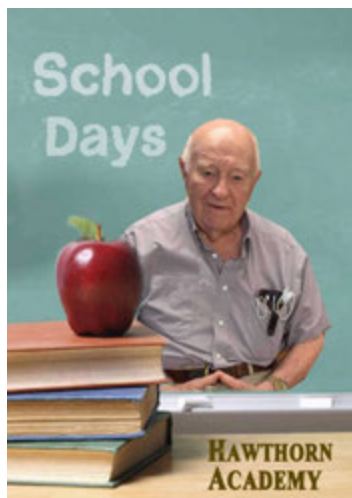




## School Picture Day!

Here are a few pictures of the "Senior Class."

We took school pictures on the first day of "classes."



## Getting in the Fall Mood

We enjoyed making then enjoying a delicious cup of warm apple cider. It definitely got us ready for fall!

The recipe is easy.

All you do is pour

apple juice in a cup and shake some pumpkin pie seasoning in the juice. Then, put it in the microwave until desired warmth. When it's done, take it out and garnish your drink with whipped cream and some more pumpkin pie seasoning.

We will be making this drink again later this month!



## Salishan Auction

Now is the time to use all those bucks you've been saving up and earning the past few months. This will be our very first auction. Come on out on Friday, October 28th, and use your fake money to buy real items.

## Jokes of the Month!

**Q:** What do mummies like listening to on Halloween?

**A:** Wrap music

**Q:** What plants like Halloween the most?

**A:** Bam-BOO

**Q:** Why didn't the skeleton like the Halloween candy?

**A:** He didn't have the stomach for it

**Q:** Why do they put fences around graveyards?

**A:** Because people are dying to get in

**Q:** What did the ghost say when the skeleton lied to him?

**A:** "I can see right through you."

**Q:** What do you get when you divide your jack-o'-lantern's circumference by its diameter?

**A:** Pumpkin-pi



OCT 2020

Birthdays

Lorraine Dingman, 3rd  
AnnMarie Jordan, 9th  
Paul Johansen, 11th  
Herb Gotz, 13th  
James Valentine, 17th  
Eva Carson, 18th  
Lois Kalvelage, 27th  
Carmen Noble, 29th  
Ariana, 30th  
(Employee)

Locations

Activity Room, AR  
Atrium, AT  
Billiards Room, BR  
Card Room, CR  
Lanai, LN  
Library, LI  
Lobby, LB  
Pool, PL  
Theater, TH  
TV Room, TV  
Worship Room, WR

Northern Exposure at Salishan Salon

Hours of Operation:

Wednesday–Friday:  
9 a.m.–4 p.m.  
Saturday: 9  
a.m.–3 p.m.  
Phone: 352-686-3015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				9:30 Weights Workout, AR <sup>1</sup> 10:00 Horse Racing, AT 10:30 Beach Ball, Exercise, AT 10:30 Rummikub <b>11:15 Chef/Resident Meeting, AR</b> 2:30 Afternoon Matinee, TH <b>3:30 Candy Trivia DVD, AR</b> 7:00 Evening Movie, TH	<sup>2</sup> 10:00 Fly Swatter Balloon Exercise, AR 11:00 Bocce Ball, AT 2:00 Nickel Bingo, AR <b>3:30 Cork Screw Pumpkin, AR</b> 7:00 Evening Movie, TH 7:00 Card Club, AR	11:00 Crossword Puzzles, CR <sup>3</sup> 2:00 Catholic Communion Service, AR 2:30 Afternoon Matinee, TH <b>3:00 Revealing the Mysteries of Heaven Bible Study, WR</b> 7:00 Evening Movie, TH 
10:00 Wii Bowling, AR <sup>4</sup> <b>10:30 Sunday Hymn Sing, AR</b> 11:00 Crossword Puzzles, CR 2:30 Movie Matinee, TH 4:00 Nickel Bingo, AR 7:00 Evening Movie, TH	9:30 Weights Workout, AR <sup>5</sup> 10:00 Laugh Yoga, AR <b>11:00 “Yappy” Hour (Let’s Meet Your Dogs), AT</b> 2:00 Nickel Bingo, AR <b>3:00 Paint Wooden Jack O’ Lanterns, AR</b> 4:30 Manager/Resident Meeting in Dining Room 6:45 Mexican Train/ Card Club, AR 7:00 Evening Movie, TH	<sup>6</sup> 9:30 Weights Workout, AR 10:00 Beanbag Baseball, AT 10:30 Beach Ball, Exercise, AT <b>3:00 Tea at Three, AR</b> 7:00 Evening Movie, TH	<sup>7</sup> Outing Day! <b>8:45 Blood Pressure Checks, AR</b> 4:00 Nickel Bingo, AR 6:45 Mexican Train/ Card Club, AR 7:00 Evening Movie, TH	<sup>8</sup> 9:30 Weights Workout, AR 10:00 Horse Racing, AT 10:30 Beach Ball, Exercise, AT 10:30 Rummikub 2:30 Afternoon Matinee, TH <b>3:30 Candy Trivia DVD, AR</b> 7:00 Evening Movie, TH	<sup>9</sup> 10:00 Fly Swatter Balloon Exercise, AR 11:00 Bocce Ball, AT 2:00 Nickel Bingo, AR <b>3:30 Root Beer Float Social, AR</b> 7:00 Evening Movie, TH  7:00 Card Club, AR	<sup>10</sup> 11:00 Crossword Puzzles, CR 2:00 Catholic Communion Service, AR 2:30 Afternoon Matinee, TH <b>3:00 Revealing the Mysteries of Heaven Bible Study, WR</b> 7:00 Evening Movie, TH
10:00 Wii Bowling, AR <sup>11</sup> <b>10:30 Sunday Hymn Sing, AR</b> 11:00 Crossword Puzzles, CR 2:30 Movie Matinee, TH 4:00 Nickel Bingo, AR 7:00 Evening Movie, TH 	<b>COLUMBUS DAY</b> <sup>12</sup> 9:30 Weights Workout, AR 10:00 Laugh Yoga, AR <b>11:00 “Yappy” Hour (Let’s Meet Your Dogs), AT</b> 2:00 Nickel Bingo, AR <b>3:30 Roast Pumpkin Seeds, AR</b> 6:45 Mexican Train/ Card Club, AR 7:00 Evening Movie, TH	<sup>13</sup> 9:30 Weights Workout, AR 10:00 Beanbag Baseball, AT 10:30 Beach Ball, Exercise, AT <b>2:00 Make No Bake Pumpkin Pie, AR</b> <b>3:30 Autumn Tree Q Tip Painting, AR</b> 7:00 Evening Movie, TH 	<sup>14</sup> Outing Day! <b>8:45 Blood Pressure Checks, AR</b> 4:00 Nickel Bingo, AR 6:45 Mexican Train/ Card Club, AR 7:00 Evening Movie, TH	<sup>15</sup> <b>Throwback Thursday Dress ‘70s</b> 9:30 Weights Workout, AR 10:00 Horse Racing, AT 10:30 Beach Ball, Exercise, AT 10:30 Rummikub 2:30 Afternoon Matinee, TH <b>3:00 Louie Sings!, AT</b> <b>4:30 Tie-Dye T-Shirts, AR</b> 7:00 Evening Movie, TH	<sup>16</sup> 10:00 Fly Swatter Balloon Exercise, AR 11:00 Bocce Ball, AT 2:00 Nickel Bingo, AR <b>3:30 New Resident Meet and Greet!, AR</b> 7:00 Evening Movie, TH 7:00 Card Club, AR	<sup>17</sup> 11:00 Crossword Puzzles, CR 2:00 Catholic Communion Service, AR 2:30 Afternoon Matinee, TH <b>3:00 Revealing the Mysteries of Heaven Bible Study, WR</b> 7:00 Evening Movie, TH 
10:00 Wii Bowling, AR <sup>18</sup> <b>10:30 Sunday Hymn Sing, AR</b> 11:00 Crossword Puzzles, CR 2:30 Movie Matinee, TH 4:00 Nickel Bingo, AR 7:00 Evening Movie, TH 	<sup>19</sup> 9:30 Weights Workout, AR 10:00 Laugh Yoga, AR <b>11:00 “Yappy” Hour (Let’s Meet Your Dogs), AT</b> <b>11:45 Activities Coordinator/ Residents’ Meeting, AR</b> 2:00 Nickel Bingo, AR <b>3:30 Pumpkin Pie Dip, AR</b> 6:45 Mexican Train/ Card Club, AR 7:00 Evening Movie, TH	<sup>20</sup> 9:30 Weights Workout, AR 10:00 Beanbag Baseball, AT 10:30 Beach Ball, Exercise, AT <b>3:00 Tea at Three, AR</b> 7:00 Evening Movie, TH	<sup>21</sup> Outing Day! <b>8:45 Blood Pressure Checks, AR</b> <b>9:00 On-Site Dermatology Appointments</b> 4:00 Nickel Bingo, AR 6:45 Mexican Train/ Card Club, AR 7:00 Evening Movie, TH	<sup>22</sup> 9:30 Weights Workout, AR 10:00 Horse Racing, AT 10:30 Beach Ball, Exercise, AT 10:30 Rummikub 2:30 Afternoon Matinee, TH <b>3:30 Candy Trivia DVD, AR</b> 7:00 Evening Movie, TH	<sup>23</sup> 10:00 Fly Swatter Balloon Exercise, AR 11:00 Bocce Ball, AT 2:00 Nickel Bingo, AR <b>3:00 Take Pictures at the Pumpkin Patch, AR</b> 7:00 Evening Movie, TH 7:00 Card Club, AR	<sup>24</sup> 11:00 Crossword Puzzles, CR 2:00 Catholic Communion Service, AR 2:30 Afternoon Matinee, TH <b>3:00 Revealing the Mysteries of Heaven Bible Study, WR</b> 7:00 Evening Movie, TH
<sup>25</sup> 10:00 Wii Bowling, AR <b>10:30 Sunday Hymn Sing, AR</b> 11:00 Crossword Puzzles, CR 2:30 Movie Matinee, TH 4:00 Nickel Bingo, AR 7:00 Evening Movie, TH	<sup>26</sup> 9:30 Weights Workout, AR 10:00 Laugh Yoga, AR <b>11:00 “Yappy” Hour (Let’s Meet Your Dogs), AT</b> 2:00 Nickel Bingo, AR 6:45 Mexican Train/ Card Club, AR 7:00 Evening Movie, TH	<sup>27</sup> 9:30 Weights Workout, AR 10:00 Beanbag Baseball, AT 10:30 Beach Ball, Exercise, AT <b>2:00 Candy Corn Boo Sign, AR</b> <b>3:30 Toilet Paper Fabric Pumpkins, AR</b> 7:00 Evening Movie, TH 	<sup>28</sup> Outing Day! <b>8:45 Blood Pressure Checks, AR</b> 4:00 Nickel Bingo, AR 6:45 Mexican Train/ Card Club, AR 7:00 Evening Movie, TH	<sup>29</sup> 9:30 Weights Workout, AR 10:00 Horse Racing, AT 10:30 Beach Ball, Exercise, AT 10:30 Rummikub 2:30 Afternoon Matinee, TH <b>3:30 Candy Trivia DVD, AR</b> 7:00 Evening Movie, TH 	<sup>30</sup> <b>10:00 “Ghost” Swat Balloon Exercise, AT</b> <b>11:00 “Boo-cee” Ball, AR</b> <b>2:00 “Spooky” Nickel Bingo, AR</b> <b>3:30 Monster “Bash”/ Halloween Party, AR</b> <b>4:00 Costume Contest, AR</b> 7:00 Evening Movie, TH 7:00 Card Club, AR 	<b>HALLOWEEN</b> <sup>31</sup> 11:00 Crossword Puzzles, CR 2:00 Catholic Communion Service, AR 2:30 Afternoon Matinee, TH <b>3:00 Revealing the Mysteries of Heaven Bible Study, WR</b> 7:00 Evening Movie, TH



## Halloween Facts

### **1. “Jack o’lantern” comes from the Irish legend of Stingy Jack**

Legend has it that Stingy Jack invited the devil to have a drink with him, but Jack didn’t want to pay for the drink, so he convinced the devil to turn himself into a coin. Instead of buying the drink, he pocketed the coin and kept it close to a silver cross in his house, preventing the devil from taking shape again.

He promised to let the devil go as long as he would leave Jack alone for a year — and that if Jack died, the devil wouldn’t claim his soul.

After a year, Jack tricked the devil again to leave him alone and not claim his soul. When Jack died, God didn’t want such a conniving person in heaven and the devil, true to his word, would not allow him into hell.

Jack was sent off into the night with only a burning coal to light his path. He placed the coal inside a carved-out turnip and has been roaming the earth ever since.

People in Ireland and Scotland began creating their own creations of Jack’s lanterns out of turnips, beets and potatoes. The tradition traveled to the United States along with the immigrants and people began to use pumpkins, native to North America, for the lanterns instead.

### **2. Candy corn was originally called Chicken Feed**

Though many would argue that candy corn tastes like chicken feed, that’s not how it got its original name. Created in the 1880s by

George Renninger, it was sold to the masses by Goelitz Confectionery Company (now Jelly Belly Co.) at the turn of the century.

Because corn is what was used to feed chickens, the creation was called “Chicken Feed” and the box was marked with a colorful rooster.

### **3. Trick-or-treating comes from “souling”**

Having children dress up in costumes and go door-to-door like little beggars demanding treats is kind of weird. Like several other Halloween activities, the tradition can be traced back to the Middle Ages and the rituals of Samhain.

It was believed that phantoms walked the earth on the night of Samhain, so people would dress up in costumes in an effort to repel the spirits.

As the Catholic Church started supplanting pagan festivals with their own holidays (like All Souls’ Day), the act of souling became popular, and poor children and adults would go door-to-door dressed as spirits accepting food in exchange for prayers.

### **4. The most lit jack o’lanterns on display is 30,581**

According to Guinness World Records, the highest number of lit jack o’lanterns on display is 30,581 by the City of Keene, New Hampshire in 2013. Keene, represented by Let it Shine, has broken the record eight times over since the original attempt. That’s a whole lot of pumpkins!

### **5. Halloween folklore is full of fortune-telling and magic**

Old English folklore about Halloween is full of superstition and fortune-telling that still lingers today, like bobbing for apples or avoiding black cats. One piece of folklore says that if a young unmarried person walks down the stairs backwards at midnight while holding a mirror, the face that appears in the mirror will be their next lover.

### **6. Day of the Dead should really be called Days of the Dead**

The Day of the Dead, or Dia de los Muertos, takes place October 31st through November 2nd in Mexico and a few other Hispanic countries. November 1st, Dia de los Inocentes, honors children who died, and family members decorate graves with baby’s breath and white orchids. On November 2nd, Dia de los Muertos, families honor adults who have died and place orange marigolds on grave sites.

The original Aztec celebration actually lasted a month long, but when Spanish conquistadors came over to Mexico in the 16th century, they merged the festival with the Catholic All Saints’ Day. Today’s celebration is a mix of both Aztec rituals of skulls, altars to the dead and food with Catholic masses and prayers.

### **7. Michael Myers’ mask is actually a William Shatner mask**

The classic 1978 horror film “Halloween” can be easily recognized in just one image: the psychotic Michael Myers in his iconic



pale-faced mask. Without a doubt, it's one chilling look that has struck terror into the hearts of partying teens in slasher flicks.

The movie was actually filmed on such a tight budget that the crew used the cheapest mask they could find: a \$2 Star Trek Captain James Kirk mask. They spray-painted it white and reshaped the eye holes, making William Shatner look incredibly creepy.

### **8. Halloween originated from an ancient Celtic festival**

According to History.com, the Halloween we know today can trace its roots back to the ancient Celtic end-of-harvest festival of Samhain. During Samhain, people would light bonfires and wear costumes to ward off evil spirits.

In the eighth century, in an effort to spread Christianity, Pope Gregory III decreed November 1st as All Saints' Day and incorporated some of the rituals of Samhain. All Saints' Day was also called All Hallows and the night before, when the traditional Samhain festival used to take place in Celtic regions, was called All Hallows' Eve.

### **9. Des Moines has a hilarious tradition called Beggars' Night**

The night before Halloween, young children in Des Moines hit the streets for Beggars' Night. According to an article in the Des Moines Register,

the event began around 1938 as a way to prevent vandalism and give younger children a safer way to enjoy Halloween.

Beggars' Night is very similar to regular trick-or-treating, except kids are required to tell a joke, poem or perform a "trick" for a treat. The best part? The jokes are notoriously groan-worthy like, "If April showers bring May flowers, what do May flowers bring?"

"Pilgrims." Get your best dad jokes ready!

### **10. The White House is haunted**

The United States' most famous address has had several reports of ghostly appearances and eerie sounds — and that's not even including election years! The most common ghost sighting is of Abraham Lincoln, who has been spotted by First Lady Eleanor Roosevelt, Queen Wilhelmina of the Netherlands and Sir Winston Churchill. Other paranormal guests include Andrew Jackson, David Burns and Abigail Adams.



## **All About Pumpkins!**

As you spend hours in the coming weeks carving pumpkins and preparing pumpkin pies,



you may start to wonder: What exactly is a pumpkin? Is it a vegetable? But it has seeds, so is pumpkin a fruit? And is a pumpkin different than a gourd, or a squash? Read below to get to the bottom of the pumpkin mystery!

### **What Exactly Are Pumpkins?**

Pumpkins, squash and gourds are all part of the Cucurbitaceae family. This large plant family includes more than 900 species, including everything from orange pumpkins, to watermelons, to cucumbers. The genus *Cucurbita* (aka "squash") falls under this family, so yes, your traditional orange pumpkin is also a winter squash. Ready for the surprise? In the United States, any round, orange squash may be called a pumpkin, but the term "pumpkin" actually has no botanical meaning. Similarly, "gourd" is the conventional term used for plants in the genera *Cucurbita* ("squash") and *Lagenaria*, so a pumpkin is also technically a gourd.

### **Why Pumpkins Are Fruit, Not Vegetables:**

Pumpkins are squash, and also gourds, but are they fruit? According to the Farmer's Almanac, they are. And if we look at Merriam Webster's definition of "fruit," we can see why. A fruit is, "the usually edible reproductive body of a seed plant." Pumpkins are edible, and if you've ever cut one open, you know it's full of seeds, so the pumpkin is the fruit of the pumpkin vine.

### **Pumpkin Nutrition:**

As healthy as they are delicious, pumpkins truly live up to their autumnal popularity! Packed with fiber, vitamins and minerals, pumpkins are a perfect addition to any fall meal.



191 Astaire Lane  
Spring Hill, Florida 34609



Our caring staff is here for you any time, day or night, and all utilities except phone are included in one reasonable monthly rent. We offer local, comfortable transportation for shopping, appointments and other scheduled activities. We also take care of the cooking, weekly housekeeping and maintenance, so you can spend more time with new friends and family.

***Salishan***  
GRACIOUS RETIREMENT LIVING

**352-263-2300**