October 2021

Golden Age Newsletter

1915 S. 18th St. Centerville, Iowa 52544 Phone # 1-641-856-2757

Things You May Not Know About Halloween

1. **Originally, you had to dance for your "treat."**
2. **Halloween is more Irish than St. Patrick's Day.**
3. **If you'd been around for the earliest Halloween celebrations, you might have worn animal skins and heads.**
4. **Jack-o'-lanterns were once made out of turnips, beets and potatoes — not pumpkins.**
5. **Halloween used to be a great day to find your soulmate.**
6. **In a few American towns, Halloween was originally referred to as "Cabbage Night."**

Paul Hayes
11th

Activity Notes from Korie:
This year Golden Age will be hosting a Trunk or Treat Saturday, October 30th from 3-5. Anyone can park in the parking lot and pass out candy. We will try weather permitting to bring residents outside on the porch to watch. We would like to do a scarecrow build off. It will be on October 22nd from 4-5 p.m. We will give a prize to the best scarecrow voted on by the residents. You will need to bring everything you will need to build your scarecrow.

Korie Salladay,
Activity Director

Be-Leaf It or Not, October's in the Air

While some Octobers mark the first frost of the winter to follow, within days this month often rebounds with warm, near-summer-like weather. It's during these final warm days of the year that farmers rush to harvest the last of their crops. The ancient Romans celebrated this harvest season with festivals throughout the month. October, with its beautifully changing foliage, is also one of the most colorful months of the year. Deciduous trees provide vibrant hues, with leaves that change color before falling to the ground in a carpet of yellows, browns, purples, oranges, and fading reds. The long, sunny days of summer (and the active chlorophyll in the leaves turning sunlight into food) keep the leaves green. When the days shorten and cool in fall, the green recedes, causing the underlying colors to emerge. These colorful deciduous trees include the following species:

- Ash (yellow or purplish yellow)
- Oak (red, brown, or russet)
- Red maple (red)
- Sassafras (deep orange or bright yellow

Special Days
World Teachers' Day
October 5
Columbus Day (U.S.),
Indigenous Peoples' Day &
Thanksgiving (Canada)
October 11
National M&M Day
October 13
Sweetest Day
October 16
World Pasta Day
October 25
Halloween
October 31

Famous Dates in October

Oct. 1, 1908 – Henry Ford introduces the new Model T car. Cost: $825.

Oct. 2, 1975 – Joe Frazier faces off against Muhammad Ali in the famous "Thrilla in Manila" boxing match.

Oct. 4, 1883 – The Orient Express debuts.

Oct. 6, 1927 – The first feature-length "talkie" movie, The Jazz Singer, premieres.

Oct. 29, 1929 – The U.S. stock market crashes.

With the high rates of COVID-19 in our county, we ask that visitors to the facility do everything possible to keep our residents safe.

Vaccination against the virus, wearing a mask in crowded public areas, and voluntary testing are all good ways to protect our residents.

We are happy to perform a COVID-19 test for anyone who requests it. If you have symptoms, please DO NOT enter the facility. Call the number posted at the main entrance and a nurse will come out to test you.

Have a Happy and Safe Fall!!!

Becky Oposnow
Administrator

Golden Age
1915 S. 18th St.
Centerville, IA. 52544

Postage Information

October was the eighth month of the early Roman calendar, before January and February were added to fill out the winter period. It takes its name from the Latin word for eight: octo. October's temperatures make it an ideal time for crafting beer, wine, and cider—so much so that in Old English it became known as Winmonth, which translates to "wine month." This month is considered the height of autumn and also marks the beginning of winter celebrations, dubbed Winterfylleth by the Anglo-Saxons.