

October Birthdays!

- Audrey B. 10/1
- Loretta G. 10/4
- Madeline K. 10/4
- Harry K. 10/8
- Norm T. 10/9
- Jack S. 10/15
- Marlene M. 10/22
- Polly R. 10/28

Welcome!

So many new faces! This month I'd like to welcome our new residents:

- Pam Nicolazzo
- Connie Perry
- Linda Williams
- Ruth Gould



The Legend of "Stingy Jack"

The practice of decorating "jack-o'-lanterns"—the name comes from an Irish folktale about a man named Stingy Jack—originated in Ireland, where large turnips and potatoes served as an early canvas. Irish immigrants brought the tradition to America, home of the pumpkin, and it became an integral part of Halloween festivities.

People have been making jack-o'-lanterns at Halloween for centuries. The practice originated from an Irish myth about a man nicknamed "Stingy Jack." According to the story, Stingy Jack invited the Devil to have a drink with him. True to his name, Stingy Jack didn't want to pay for his drink, so he convinced the Devil to turn himself into a coin that Jack could use to buy their drinks. Once the Devil did so, Jack decided to keep the money and put it into his pocket next to a silver cross, which prevented the Devil from changing back into his original form. Jack eventually freed the Devil, un-

der the condition that he would not bother Jack for one year and that, should Jack die, he would not claim his soul. The next year, Jack again tricked the Devil into climbing into a tree to pick a piece of fruit. While he was up in the tree, Jack carved a sign of the cross into the tree's bark so that the Devil could not come down until the Devil promised Jack not to bother him for ten more years.

Did you know? The original jack-o'-lanterns



were carved from turnips, potatoes or beets. Soon after, Jack died. As the legend goes, God would not allow such an unsavory figure into heaven. The Devil, upset by the trick Jack had played on him and keeping his word not to claim his soul, would not allow Jack into hell. He sent Jack off into the dark night with only a burning coal to light his way. Jack put the coal into a carved-out turnip and has been roaming the Earth with ever since. The Irish began to refer to this ghostly figure as "Jack of the Lantern," and then, simply "Jack O'Lantern."

In Ireland and Scotland, people began to make their own versions of Jack's lanterns by carving scary faces into turnips or potatoes and placing them into windows or near doors to frighten away Stingy Jack and other wandering evil spirits. In England, large beets are used. Immigrants from these countries brought the jack o'lantern tradition with them when they came to the United States. They soon found that pumpkins, a fruit native to America, make perfect jack-o'-lanterns.

<https://www.history.com/topics/halloween/jack-olantern-history>



Maple Ridge Minute

Volume 1, Issue 10

October 2018

Lets look at October

I LOVE Halloween!

So this month is especially exciting because in addition to Halloween we have so many exciting things going on. We are opening up a new recreational space this month—see article below. This also means new programs to let us explore this new (or return to it) sport.

This month we will continue with our cyber security series

Thursday mornings and introduce a new program. This is an audiobook about WWII called "The Second Objective". About the Battle of the Bulge and the last big offenses by Hitler to stop the Allies.

The Book Club is coming back—check the calendar for the first meeting on the 9th.

Prime Time Grilled Cheese will be back

on the 30th with more delicious creations.

Suzanne O'Gara is going to show us how old dogs CAN learn new tricks and seeing as how the Tasty Tapas on Friday afternoon has been so successful we will continue that social appetizer into the fall season. The Potluck this month will be Meatless Meals—lets get creative!

I look forward to this coming month and seeing everyone!

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Community Manager:
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Gillian Savitch

Maintenance Technician:
Pete Carlyle

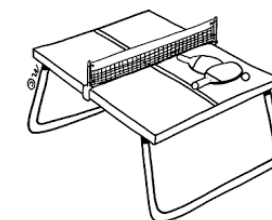
Office Hours: M-F 9:30-4
After Hours Emergency
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Ping pong is here!

The cold weather is going to start making the outside less enjoyable. But that is no reason to slow down!

We will be introducing a Ping Pong room on the 3rd floor across from 311. There will be some structured programming on the calendar as well as

plenty of opportunity for pick-up games.



Sunday

Monday





Tuesday

Wednesday

Thursday

Friday

Saturday

 <p>+ Intellectual + Spiritual + Physical + Social + Financial</p>	<p>1 9:00 Open Discussion+ 10:15: Boxing Therapy+ 11:30 Guided Meditation+ 1:00 Cribbage+ 2:00 Monday Matinee:+ <i>'The Second Objective' Battle of the Bulge Audiobook</i></p>	<p>2 9:00 Pickleball+ 10:00 Color Class + 1:00 Rummikub + 2:00 Bone Builders+ 3:00 Women's Pool League+</p>	<p>3 9:30 Men's Coffee & Conversation+ 10:00 Indoor walking Group+ 11:00 Mindful Coloring+ 1:00 Sequence+ 2:00 Ping Pong—Mixed Groups+</p>	<p>4 9:00 Cyber Safety Seminar+ 1:00 Dominos+ 2:00 Guided Meditation+ 3:00 Men's Pool League+ 4:00 Creative Cocktail+</p>	<p>5 9:30 Coffee and Donuts+ 11:00 Bone Builders+ 1:00 Hand and Foot+ 2:00 Knitting/Crochet Group 3:00 Tasty Tapas+ 7:00 Friday at the Movies+ <i>Focus</i></p>	<p>6 10:00 Croquet/Bocce+ (weather permitting) 2:00 Saturday Matinee+ <i>Back to the Future</i></p>
<p>7 10:00 Croquet/Bocce+ (weather permitting) 2:00 Board Games + In the Library</p>	<p>8 9:00 Open Discussion+ 10:15: Boxing Therapy+ 11:30 Guided Meditation+ 1:00 Cribbage+ 2:00 Monday Matinee:+ <i>'The Second Objective' Battle of the Bulge Audiobook</i></p>	<p>9 9:00 Pickleball+ 10:00 Book Club+ 10:00 Color Class + 1:00 Rummikub + 2:00 Bone Builders+ 3:00 Women's Pool League+</p>	<p>10 9:30 Men's Coffee & Conversation+ 10:00 Yoga+ 11:00 Mindful Coloring+ 1:00 Sequence+ 2:00 Ping Pong—Mixed Groups+</p>	<p>11 9:30 Women's Auxiliary+ 10:00 Veterans Brunch+ 1:00 Dominos+ 2:00 Guided Meditation+ 3:00 Men's Pool League+ 4:00 Creative Cocktail+</p> 	<p>12 9:30 Coffee and Donuts+ 11:00 Bone Builders+ 1:00 Hand and Foot+ 2:00 Knitting/Crochet Group 3:00 Tasty Tapas+ 7:00 Friday at the Movies+ <i>Everest</i></p>	<p>13 10:00 Croquet/Bocce+ (weather permitting) 2:00 Saturday Matinee+ <i>Back to the Future 2</i></p>
<p>14 10:00 Ping Pong+ Mixed Groups 2:00 Board Games + In the Library</p> 	<p>15 9:00 Open Discussion+ 10:15: Boxing Therapy+ 11:30 Guided Meditation+ 1:00 Cribbage+ 2:00 Monday Matinee:+ <i>'The Second Objective' week3</i> 7:00 Getting to know you: Polly Robinson</p>	<p>16 9:00 Pickleball+ 10:00 Color Class + 1:00 Rummikub + 2:00 Old Dogs Can Learn New Trick's with Suzanne O'Gara 3:00 Women's Pool League+</p>	<p>17 9:30 Men's Coffee & Conversation+ 10:00 Yoga+ 11:00 Mindful Coloring+ 1:00 Sequence+ 2:00 Health Seminar: Atherosclerosis</p>	<p>18 9:00 Cyber Safety Seminar+ 1:00 Dominos+ 2:00 Guided Meditation+ 3:00 Men's Pool League+ 4:00 Creative Cocktail+ 5:30 Themed Dinner+ Meatless Meals</p>	<p>19 9:30 Coffee and Donuts+ 11:00 Bone Builders+ 1:00 Hand and Foot+ 2:00 Knitting/Crochet Group 3:00 Tasty Tapas+ 7:00 Friday at the Movies+ <i>Magic in the Moonlight</i></p>	<p>20 10:00 Ping Pong+ Mixed Groups 2:00 Saturday Matinee+ <i>Back to the Future 3</i></p>
<p>21 10:00 Ping Pong+ Mixed Groups 2:00 Board Games + In the Library</p>	<p>22 9:00 Open Discussion+ 1:00 Cribbage+</p>	<p>23 9:00 Pickleball+ 10:00 Color Class + 1:00 Rummikub + 3:00 Women's Pool League+</p> 	<p>24 9:30 Men's Conversation+ 1:00 Sequence+</p>	<p>25 1:00 Dominos+ 3:00 Men's Pool League+</p>	<p>26 9:30 Coffee and Donuts+ 1:00 Hand and Foot+ 2:00 Knitting/Crochet Group 7:00 Friday at the Movies+ <i>American Hustle</i></p>	<p>27 10:00 Ping Pong+ Mixed Groups 2:00 Saturday Matinee+ <i>My Big Fat Greek Wedding 2</i></p>
<p>28 10:00 Ping Pong+ Mixed Groups 2:00 Board Games + In the Library</p>	<p>29 9:00 Open Discussion+ 10:15: Boxing Therapy+ 11:30 Guided Meditation+ 1:00 Cribbage+ 2:00 Monday Matinee:+ <i>'The Second Objective' week4</i> 7:00 Getting to know you: Bob Berquist</p>	<p>30 9:00 Pickleball+ 10:00 Color Class + 11:30-2 Prime Time Grilled Cheese Food Truck!+ 1:00 Rummikub + 2:00 Healthy Habits: Fiber 3:00 Women's Pool League+</p>	<p>31 9:30 Men's Coffee & Conversation+ 10:00 Yoga+ 11:00 Mindful Coloring+ 1:00 Sequence+ 2:00 October Birthday Party</p> 