

# FRIDAY NIGHT MOVIES

## GIFTED

Friday October 4 @ 7:00PM  
Raised by a single uncle determined to give her a normal life, a seven-year-old genius is caught between love, sacrifice and the pursuit of greatness.  
**Cast: Chris Evans, Mckenna Grace, Octavia Spencer**

## THE DAY AFTER TOMORROW

Friday October 11 @ 7:00 PM  
A family tries to reunite during a climate disaster.  
**Cast: Dennis Quaid, Jake Gyllenhaal, Emmy Rossum.**

## ZOMBIELAND

Friday October 18 @ 7:00PM  
Amid a zombie apocalypse, a cautious loner joins a twinkie-obsessed daredevil and a cunning pair of sisters on a road trip from Texas to L.A.  
**Cast: Jesse Einsberge, Woody Harrelson, Emma Stone**

## UGLIES

Friday October 25 @ 7:00PM  
In a futuristic society divided into Uglies and Pretties, where cosmetic surgery is mandatory, choosing to be yourself is the ultimate form of rebellion.  
**Cast: Joey King, Keith Powers, Laverne Cox.**

## October Birthdays

If you were born between October 1–22, you balance the scales of Libra. Libras are very social, seek harmony through compromise, and have strong powers of critical thinking. Those born between October 23–31 are passionate Scorpios, considered the most intense sign in the zodiac. While on the outside Scorpios are calm and composed, inside they are forceful, emotional, determined, and ambitious.

- Say L- October 02
- Donna H- October 03
- Milovan, T- October 04
- Frank, B- October 05
- Ismay, H- October 09
- Sherman, T- October 17
- Greta H- October 22
- Pacita M- October 23

## STARZ WE KNOW

- Bud Abbott (comedian) – October 2, 1895
- Jackie Collins (author) – October 4, 1937
- Desmond Tutu (archbishop) – October 7, 1931
- John Lennon (musician) – October 9, 1940
- e. e. cummings (poet) – October 14, 1894
- Bela Lugosi (actor) – October 20, 1882
- Annette Funicello (actress) – October 22, 1942
- Minnie Pearl (comedian) – October 25, 1912
- Emily Post (author) – October 27, 1872
- Julia Roberts (actress) – October 28, 1967



October 2024

# Bramalea Bulletin

Bramalea Retirement Residence | 30 Peel Centre Drive | 905-790-7900

## Celebrating October Thanksgiving Brunch

October 06

### Aquafit

October 08 & 22

### Scenic Drive Outing

October 9

### Infection Control Presentation / Flu Season

October 9

### Ripple Rhythm Drumming

October 10

### Thanksgiving Day

October 14

### Walmart Outing

October 15

### TENA Presentation

October 16

### Fire Drill

October 17

### Oral Hygiene Presentation

October 17

### Red Lobster Outing

October 21

### Flue & Covid Clinic

October 22

### Halloween Party

October 31

## THANKSGIVING



SUNDAY OCTOBER 6, 2024

11:45am

\$20 PER GUEST

## MENU

### STARTERS

Assorted Appetizers  
Hearty Turkey & Vegetable  
Soup

### MAIN DISHES

Lamb Chop  
Baked Salmon  
Roasted Garlic & Red Pepper  
Chicken

### DESSERTS

Traditional Pumpkin Pie  
Assorted Dessert  
Table

RSVP BY SEPTEMBER 30TH  
905-790-7900



INVITE YOUR FRIENDS AND FAMILY !

## An Egg-citing Day



Every year, the second Friday in October is World Egg Day. Why should we celebrate the egg? There are at least a dozen good reasons. First of all, eggs are incredibly healthy. They contain some of the highest quality

proteins of any food. For this reason, they are an invaluable food resource. Egg farmers around the world have joined the Good Egg Project, both to educate people about the goodness of eggs and to donate over 50 million eggs to hungry people worldwide.

But what about cholesterol? Aren't eggs supposed to be high in this unhealthy substance? While it is true that eggs contain a lot of cholesterol, 200 milligrams to be precise, it is largely a myth that eating eggs will raise your cholesterol to dangerous levels. The body produces its own cholesterol, far more than an egg contains, so the eating of eggs does little to harm the body. Furthermore, cholesterol is vital to repairing cells and balancing certain hormones.

What about egg yolks? Aren't they high in fat? While yolks do have about five grams of fat per egg, yolks are also full of protein; vitamins A, D, and E; and choline, a nutrient essential to brain development. When you skip the yolk, you miss out on half the nutritive value of eggs.

Hens typically lay an egg in the morning between the hours of 7 and 11. It takes 24 to 26 hours to develop an egg, and once the egg is laid, a hen begins to produce another egg 30 minutes later. Some people say that the deeper the color of the egg yolk, the better the egg. Yolk color depends on the pigments in the hen's feed. Farmers may even feed their chickens marigold flower petals to enhance the golden color of their egg yolks.

So how best to celebrate World Egg Day on October 11? Try a fried, scrambled, hard-boiled, soft-boiled, deviled, or poached egg, of course!

## small but mighty

no, this isn't an editing mistake. october 14 is lowercase day. the rules of capitalization are so confusing, we all deserve a break from them for one day. so feel free to not capitalize proper nouns, like days of the week, months, titles, or holidays.

perhaps the poet e. e. cummings began this fad back in the early 20th century. cummings was known for both signing his name and writing entire poems strictly in lowercase letters. some say he did this because he simply wanted to be different; others say he wanted all words and thoughts to have equal importance. using all lowercase letters was a way of establishing an equality of words so that readers could decide what was important. as cummings wrote:

"if you like my poems let them  
walk in the evening, a little behind you"

if you like writing and reading in lowercase letters, let those lowercase words wander wherever they wish for one day.

## Chattering Charm



Blatherskites rejoice, for October 21 is Babbling Day, a day to let your mouth chatter on and on about anything and everything. Babbling is an important stage in child development, when infants experiment with language.

Glossolalia is a different type of babbling, also known as speaking in tongues. Christians who spontaneously speak in strange syllables are thought to have been granted a spiritual gift from God or are said to speak the language of angels. Perhaps the word *babble* comes from the story of the Tower of Babel from the Bible's Old Testament, in which God made all the humans speak different languages so that they could not understand each other. We could go on, but perhaps we've babbled on too much about babbling already....

## Postcard Magic



World Postcard Day, celebrated on October 1, is a tribute to the humble postcard, a charming piece of communication that has been connecting people for well over a century. The first postcard was sent in 1840 by Theodore Hook, featuring a hand-painted design. However, it wasn't until 1869 that postcards became an official means of communication in Austria-Hungary, quickly gaining popularity worldwide.

Postcards were an instant hit due to their convenience and affordability. By the early 1900s, they had become a popular way to send quick messages, travel updates, and holiday greetings. This era, known as the "Golden Age of Postcards," saw millions of postcards sent and collected.

Postcards have played a significant role during wartime. Soldiers sent the cards to their families, providing brief but heartfelt updates from the front lines. These cards were often adorned with patriotic images and slogans, serving as both communication tools and morale boosters.

Postcard collecting, known as deltiology, is one of the world's most popular hobbies. Collectors cherish postcards for their historical value, artistic designs, and personal messages. Some rare postcards can even fetch high prices at auctions.

World Postcard Day encourages people to rediscover the joy of sending and receiving postcards. In an age dominated by digital communication, postcards offer a tangible, personal touch that emails and texts can't replicate.

Participating in World Postcard Day is simple. Find a postcard, jot down a message, and send it to a friend or family member. You can also join postcard exchange groups online to connect with people worldwide. By celebrating World Postcard Day, we honor a timeless tradition that continues to bring joy and connection to people everywhere.

## Loving Lucy

On October 15, 1951, Lucille Ball brought her sitcom *I Love Lucy* to television audiences. The show's plot was relatively simple: the naïve and ambitious wife of a popular bandleader strives for attention despite her obvious lack of talent. Luckily, the actor who played this character, the inimitable Lucille Ball, had plenty of talent. Her comedic genius propelled the show to the top of the charts. *I Love Lucy* was America's most-watched show for four of its six seasons. It won five Emmy Awards and a George Foster Peabody Award for excellence.

*I Love Lucy* was the first television show to be filmed using multiple cameras in front of a live studio audience, though many said such a production could not be done. This live audience proved vital, as it provided a real-life laugh track for the sitcom. Most episodes were filmed in just 30 minutes. Production didn't stop for actors' mistakes. If an actor forgot a line, it was up to the other actors to bail them out. Just about the only time production did slow down was for Lucy's big costume changes. But the comedy kept on coming, and *I Love Lucy* became a sensation.

## Thrifty Thrills



You don't need to spend a fortune to have a good time. Perfect the art of frugal fun on October 5, International Frugal Fun Day. Picnics, becoming a tourist in your hometown, flying

a kite, planning the perfect nap, organizing a neighborhood talent show, attending a minor league ball game—all of these can cost five dollars or less to enjoy. You can also expand your idea of frugal fun by planning a frugal romantic dinner, learning something new on the cheap, or even crafting with inexpensive recycled materials. Frugality is a mindset. By embracing it, you can discover countless ways to have fun without breaking the bank.