

Winchester Glen Newsletter

October 2024



The Perfect Pretzels

Harvest festivals with a Germanic tradition are called Oktoberfests, fun celebrations that often include big, soft pretzels. These fall festivities honor the bounty of the autumn season. They are typically held on October weekends in communities across the United States and other parts of the world. Oktoberfests are renowned for their beer halls, music, and other entertainment. But also they are hard to beat for the delicious German food that's typically served—sausages, wienerschnitzel, spätzle, sauerkraut, German potato salad, and most iconic of all,

Bavarian pretzels. Interestingly, the first pretzel is thought to date back to AD 610, when an Italian monk created the twisted shape of soft bread to symbolize hands crossed in prayer across the chest. The name *pretzel* comes from the Latin word *bracellae*, which means "little arms." *Bracellae* became *bretzel* in German until it morphed into today's term, *pretzel*. Pretzels are also associated with love. In the 1600s, Swiss noblemen began the tradition of breaking a pretzel with their brides on their wedding day—a possible origin of the idiom *tying the knot*.



October's Party

October gave a party;
The leaves by
hundreds came—
The Chestnuts, Oaks,
and Maples,
And leaves of every name.

~ George Cooper

October Zodiacs

Libra (The Scales)
October 1–22

Scorpio (The Scorpion)
October 23–31

October is the 10th month of the year and is one of seven months with 31 days, along with January, March, May, July, August, and December. October's name, containing the Latin word *octo*, refers to its ancient place as the eighth month in the Roman calendar, before January and February were added to fill out the winter period. October is usually considered to be the height of autumn. The Slavic people call it "yellow month," referring to the fading colors of the leaves.

The Sweet Sounds of Harmony

Listen to your favorite tunes on Sunday, October 1, in honor of International Music Day. This celebration of music around the world seeks to promote peace, understanding, and harmony. Music cultivates calm, joy, and connection, so it makes sense that sharing the love of music promotes cross-cultural peace, understanding, and friendship as well.

What's Lucky in October?

Lucky Color: Yellow
Lucky Animal: Crow
Lucky Letters: W and E
Lucky Day: Tuesday
Lucky Plant: Squash



October Birthdays

Mahatma Gandhi (activist) – October 2, 1869
Gwen Stefani (singer) – October 3, 1969
Jesse Jackson (activist) – October 8, 1941
Tanya Tucker (singer) – October 10, 1958
Luciano Pavarotti (singer) – October 12, 1935
Mary Kingsley (explorer) – October 13, 1862
e. e. cummings (poet) – October 14, 1894
Ziggy Marley (musician) – October 17, 1968
Fannie Hurst (novelist) – October 18, 1889
Evander Holyfield (boxer) – October 19, 1962
Johnny Carson (TV host) – October 23, 1925
Minnie Pearl (comedian) – October 25, 1912
Sylvia Plath (writer) – October 27, 1932
Bill Gates (tech mogul) – October 28, 1955



Join us for a Resident Potluck on October 28th, 2024 at 3pm in the Second Floor Lounge area. Please sign up with the food item you are willing to bring for others to taste.

Reflection of Gratitude

On this day, let us pause and reflect,
On the blessings we often neglect.
From the morning sun's gentle rays,
To the love that brightens our days.

Gratitude flows from a humble heart,
For the simple joys life imparts.
A warm meal, a friend's kind word,
The beauty in nature's song, often unheard.

So, let's share our thanks far and wide,
In every gesture, let gratitude reside.
For in giving thanks, we find our way,
To peace and joy, on this special day.



Resident Birthdays

Celia M
Beverly H
Shirley T
Michael P
Hendrikus W



Outings

- October 1** – One Eyed Jack Restaurant
- October 7** – Hi– Hope Farm
- October 8** – Fall Colors Bus trip
- October 15** – Casino Port Perry + Lunch
- October 21** – IFLY Sky diving
- October 22**– Campbellford Cheese and Chocolate Factory
- October 28** – Mandarin Lunch
- October 29** – Walmart

Please Sign up for the bus trips by the mail box area in the binder.