

OCTOBER 2022

**Management  
TEAM**

JENNIFER CROW  
CEO

DONALD CROW  
Chairman

TERESA ROBERTS  
Vice President

SHARON GRISWOLD  
EVP Finance

LISA SYNAKOWSKI, LPN  
Administrator

ANDREA DESKIN  
RENAEE MILLER  
RHONDA COOLEY  
TRACIE DAVIS  
Community Chefs

MELA MAHARAJ-SHAH  
Activity Manager

JIM DODSON  
Maintenance

SABRINA COOK  
Office Manager



*A word from your  
ADMINISTRATOR*

Dear Residents,

Happy October! Fall is such a beautiful time of year. The temperatures start to cool down and we're able to spend more time outside with family and friends.

We had a fabulous September and have our sights set on an even greater October! We have so many exciting plans this month, but what would October be without a big Halloween bash? Join in on the fun October 31st for a "spook"tacular celebration!!! We'll also have our weekly shopping trips, as well as loads of fun art activities, and performers joining us, so be sure to check out the Activities Calendar.

October is Breast Cancer Awareness Month, so let's wear our pink all month long to show support for such a great cause!

I wish you all an outstanding October and can't wait to see what this month brings!

*Lisa Synakowski*

Lisa Synakowski, L.P.N.  
Assistant Administrator





*Chef's*  
SPECIAL

## BUTTERNUT RAVIOLI



Soft pasta pillows stuffed with Butternut Squash, topped with a delicate Sherry Cream infused with Autumn spices, garnished with Toasted Pumpkin Seeds. Ask to enhance with a Grilled Chicken Breast

*Happy*  
BIRTHDAY!!!



OCT  
14

Jane F.

OCT  
15

Chaiyasit A.

OCT  
16

Mary H.

OCT  
26

Norma B.



*New Move-In*  
WELCOME!!

Dioda M.



## HALLOWEEN TONGUE TWISTERS

- Which wicked witch wished which wicked wish?
- If two witches would watch two watches, which witch would watch which watch?
- Professional pumpkin pickers are prone to pick the plumpest pumpkin.
- Dracule digs dark, dreary dungeons.
- If black bats could blow bubbles, how big of bubbles would black bats blow?
- Creepy crawly creatures crawl in creepy cottage cabinets.
- Ghostly ghouls eat gorgonzola



## Halloween Fun Facts

- Halloween is more Irish than St. Patrick's Day, it originated from an ancient Celtic festival
- Originally you had to dance for your "treat"
- Jack O' Lanterns were once made out of turnips, beets, and potatoes
- Almost \$3 billion is spent on costumes
- 87 million households give out candy
- About 99% of all pumpkins are sold to be used as Jack O' Lanterns for Halloween





## CHAIYASIT (SID) A.



Sid was born in Bangkok, Thailand on October 15, 1941. His dad ran a company in agricultural export while his mom took care of the family. He has five brothers and four sisters. As a child Sid loved going to visit his grandparents in the country. That was one of his favorite childhood memory, along with swimming in the river that ran behind their house. He loved going out there because he was from the city and the country was so peaceful and quiet.

He looked up to his uncle as his role model. He wanted to have the same kind of education as him and that is just what he did. Sid went to Sitisrep High School in Bangkok and attended Far Eastern University in the Philippines, graduating with a Business Degree and also learned English. He moved to the United States in the beginning of 1967, when he was 26 years old. His first stop was Washington DC to attend school to advance his English. While attending school he worked at a restaurant. He wanted to work for the government, which was his childhood dream, but things did not go as planned. He also worked for Bank of America.

He moved to Tallahassee, Florida at the end of 1968. He wanted to further his education so he applied to FSU. In order for him to start, he had to take an entrance exam which he passed. He was so excited to go back to school. He studied Economics and graduated with his Master's Degree in 1970. He said with a big smile on his face, "I was so happy I went to school at FSU because I met my wife there."

Sid met Roxanne Jolene Williams at FSU and asked her to marry him when they both graduated college. She immediately said yes and he said, "But first, you must get permission from your parents." They were married right away.

He said the happiest time of his life was when he married Roxanne. They have five children, three boys and two girls. He said he wanted his children to have a good life and a good education.

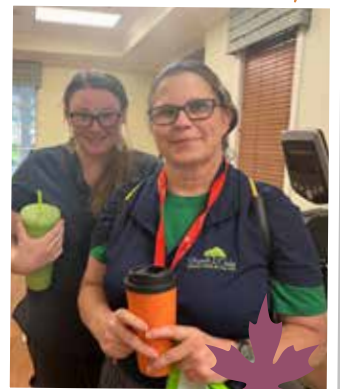
They moved to Okeechobee in 1972 and opened his restaurant here called China Gate. They stayed open from 1976 - 1978. He had to close his business due to the downturn in the economy at that time. He also worked for Sunwah restaurant in West Palm Beach.

After losing his wife in 1992, he visited his parents in Thailand, something that he and his wife had planned on doing.

Sid has six grandchildren that he adores very much. Life advice he would pass on to them would be to study hard, work hard and never give up.

He loves exercising, going for a walk, watching a good game of basketball or soccer and playing on his iPad.

Sid moved to Grand Oaks in February 2022. He loves living here because all the staff members are very good to him and nice to be around and the people make him very happy.



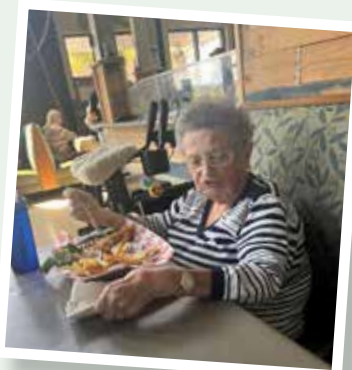
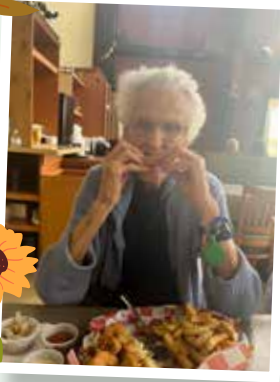


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>October 2022</h1>						<b>1</b> 9:30 Porch Talk 10am Dice Game 2pm <b>BINGO</b> 3pm Build a Word 6pm Dominos
<b>2</b> 9:30 Bible Study with Charlie 10am Rummibuk 2pm <b>MOVIE</b> 6pm Puzzles	<b>3</b> 9:30 Sit & Fit 10am Scrabble 11am Price is right 2pm <b>L C R</b> 6pm Uno	<b>4</b> 9:30 Sit & Fit 10am Walmart 11am Price is right 3pm WJ & Friends 6pm Dominos <small>Yom Kippur Begins</small>	<b>5</b> 9:30 Sit & Fit 10am Crafts 11pm Price is right 2pm <b>BINGO</b> 6pm Checkers	<b>6</b> 9:30 Sit & Fit 10am Faith Farm Trip/Lunch 3pm Hangman 6pm Rummikub	<b>7</b> 9:30 Sit & Fit 10am Senior Feud 11am Price is right 2pm Dairy Queen Milk Shakes	<b>8</b> 9:30 Porch Talk 10am Scrabble 2pm <b>BINGO</b> 3pm Build a Word 6pm Dominos
<b>9</b> 9:30 Bible Study with Charlie 10am Rummibuk 2pm <b>MOVIE</b> 6pm Puzzles	<b>10</b> 9:30 Sit & Fit 10am Mini Mani 11am Price is right 2pm Bingo 6pm Dominos	<b>11</b> 9:30 Sit & Fit 10am Walmart 11am Price is right 2pm Wine & Cheese Social	<b>12</b> 9:30 Sit & Fit 10am Crafts 11am Price is right 2pm <b>L C R</b> 6pm Checkers	<b>13</b> 9:30 Sit & Fit 10am Town Hall Meeting 2pm Penny Poker 6pm Uno	<b>14</b> <i>Jane's Birthday</i> 9:30 Sit & Fit 10am Scrabble 11am Price is right 2pm <b>HAPPY HOUR</b> 6pm Rummikub	<b>15</b> <i>Sit's Birthday</i> 9:30 Porch Talk 10am Dice Game 2pm <b>BINGO</b> 3pm Build a Word 6pm Dominos
<b>16</b> <i>Mary's Birthday</i> 9:30 Bible Study with Charlie 10am Rummibuk 2pm <b>MOVIE</b> 6pm Puzzles	<b>17</b> 9:30 Sit & Fit 10am Crafts 2pm Wheel of Fortune 6pm Jenga <small>Simchat Torah Begins</small>	<b>18</b> 9:30 Sit & Fit 10am Walmart 11am Price is right 2pm Hangman 6pm Checkers	<b>19</b> 9:30 Sit & Fit 10am Pumpkin Patch Trip 2pm Bowling 6pm Dominos	<b>20</b> 9:30 Sit & Fit 10am Trivia 11am Price is right 2pm Penny Poker 6pm Puzzles	<b>21</b> 9:30 Sit & Fit 10am Bells Outlet Lunch @ Tin Fish 2pm Ringtoss 6pm Uno	<b>22</b> 9:30 Porch Talk 10am Scrabble 2pm <b>BINGO</b> 3pm Build a Word 6pm Dominos
<b>23</b> 9:30 Bible Study with Charlie 10am Rummibuk 2pm <b>MOVIE</b> 6pm Puzzles	<b>24</b> 9:30 Sit & Fit 10am Country Kitchen 2pm Ringtoss 6pm Checkers <small>Diwali (Hindi)</small>	<b>25</b> 9:30 Sit & Fit 10am Walmart 2pm Birthday Party w/Mitch 6pm Uno	<b>26</b> <i>Norma's Birthday</i> 9:30 Sit & Fit 10am Craft 2pm Jodi on the piano 6pm Rummikub	<b>27</b> 9:30 Sit & Fit 10am Picnic in FT Pierce 2pm Trivia 6pm Jenga	<b>28</b> 9:30 Sit & Fit 10am Scrabble 12pm Movie and tacos 6pm Checkers	<b>29</b> 9:30 Porch Talk 10am Trivia 2pm <b>BINGO</b> 3pm Build a Word 6pm Dominos
<b>30</b> 9:30 Bible Study with Charlie 10am Rummibuk 2pm <b>MOVIE</b> 6pm Puzzles	<b>31</b> 9:30 Sit & Fit 10am Craft 2pm Halloween party w/Johny Cash <small>Halloween</small>					

THIS CALENDAR IS SUBJECT TO CHANGE PLEASE SEE DAILY ACTIVITY BOARD.







## A BRIEF HISTORY OF SPORTS

**1366**



There is substantial evidence that a form of bowling was in vogue in England in 1366, when King Edward III allegedly outlawed it to keep his troops focused on archery practice.

**1860**

The history of baseball in the US can be traced to the 19th century. The popularity of the sport inspired the semipro national baseball clubs in the 1860s



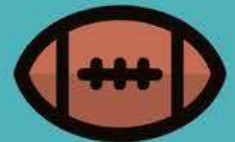
**1863**



It all began in 1863 in England, when rugby football and association football branched off on their different courses and Football Association in England was formed.

**1869**

On November 6, 1869, Rutgers and Princeton played what was billed as the first college football game



**1891**



In 1891 in Springfield, Massachusetts, a Canadian physical education instructor James Naismith invented basketball as a less injury-prone sport than football.

**1895**

The game of volleyball was invented in 1895 by William G Morgan. Morgan designed the game to be a combination of basketball, baseball, tennis, and handball.



## RIDDLES



1. I am present, but also past. I am wrapped, but not a gift. I am named after a parent, but have no children. What am I?

2. I have a body, arms, legs and a head, but I'm heartless and have no guts. What am I?

3. I'm tall when I'm young, I'm short when I'm old, and once a year, I make heavy pumpkins light. What am I?



4. One day a year I am decorated in style and am the center of attention even when you make me into a pie. What am I?



## Top 5 Nutrition Tips for the Elderly



**Avoid too much salt & sugar in food servings**



**Eat fruits and vegetables for health**



**Sleep well to improve levels of alertness**



**Stay hydrated to improve digestion**

## INSPIRATION STATION

"You'll miss the best things if you keep your eyes shut."

- Theodor Seuss Geisel



"Today you are You,  
that is truer than true.  
There is no one alive who is  
Youer than You."

- Theodor Seuss Geisel

## INDOOR PLANT CARE GUIDE



**Fern**

☕ 1-4 days ☀️ partial



**Snake Plant**

☕ 14-21 days ☀️ shade



**Spider Plant**

☕ 5-10 days ☀️ partial



**Succulent**

☕ 7-15 days ☀️ direct



**Pothos**

☕ 7-10 days ☀️ partial



**Monstera**

☕ 7 days ☀️ indirect





## Calendar Spotlight



## Our Roots Run Deep IN OUR COMMUNITY



October 4

Songs by WJ & Friends  
3:00 pm



October 7

Dairy Queen Milkshakes  
2:00 pm



October 25

Monthly Birthday Party!  
2:00 pm

### THEME IN YELLOW

I spot the hills  
With yellow balls in autumn.  
I light the prairie cornfields  
Orange and tawny gold clusters  
And I am called pumpkins.  
On the last of October  
When dusk is fallen  
Children join hands  
And circle round me  
Singing ghost songs  
And love to the harvest moon;  
I am a jack-o'-lantern  
With terrible teeth  
And the children know  
I am fooling.  
- Carl Sandburg

### Riddle Answers:

1) A Mummy 2) A Skeleton 3) A Candle 4) A Pumpkin