



# VILLAGE CROSSING

2480 Waterside Drive • Frederick, MD 21701

## October's Theme Is Health and Wellness!

Staying active as a senior is crucial for maintaining both physical and mental well-being. Regular physical activity helps seniors preserve muscle strength, flexibility, and balance, which can significantly reduce the risk of falls and injuries. Exercise also supports cardiovascular health, aids in weight management, and can alleviate symptoms of chronic conditions such as arthritis and diabetes.

Beyond the physical benefits, staying active has profound effects on mental health. It boosts mood, reduces symptoms of depression and anxiety, and enhances cognitive function. Socially engaging in activities can also foster connections and combat feelings of loneliness or isolation.

In essence, being active is key to maintaining independence, improving quality of life, and fostering a sense of accomplishment and well-being in later years. Whether through walking, swimming, gardening, or participating in community activities, staying engaged and active helps seniors enjoy a fuller, healthier life.



## October 2024



Fall represents the start of something new because it ushers in a season of transition and renewal. As summer fades and the world dons its vibrant autumnal colors, this period marks a shift in rhythms and routines. For students, fall signifies the beginning of a new academic year, filled with fresh opportunities for learning and growth. For many, the cooler temperatures and shorter days create a sense of fresh beginnings, prompting introspection and setting the stage for personal goals. The harvest season brings with it a time of reaping rewards and preparing for future challenges.

Fall's essence of change and preparation make it a natural catalyst for starting anew, embracing both the end of one chapter and the exciting prospects of the next.



# Health & Fitness

## Stretch Your Toes

Give your toes some wiggle room after wearing shoes all day. Sit in a chair with your feet flat on the floor, and then cross one foot across your lap. Hold your toes and pull them toward your ankle until you feel a gentle stretch along the bottom of your foot. Use your other hand to massage the arch of your foot for about 10 seconds. Repeat 10 times for each foot.

## A Seated Stretch

Give your lower body a good stretch with a simple seated exercise. Using a sturdy chair, sit on the seat's edge with both feet flat on the floor. Hold the sides of the seat for support. Starting on your right side, lift your foot and extend your leg out in front of you at a diagonal angle. Tap your heel once on the floor, then bring your foot back to the starting position. Repeat the move with your left foot. Work up to 10 stretches on each side.



Nancy kicked off Assisted Living Week with face painting!



We had a blast with the Balloon Blaster!



Amy's Art Clubbers, working hard on their craft!



Beth and Nancy!



Maggie and Pat!



Sento, Grace and Faustina!

## No More Cobwebs!

It may be spooky season, but the only cobwebs you want as décor are the fake ones! Real cobwebs are webs that have been built and abandoned by spiders, making them traps for dust and dirt that build up in the corners of your home. Unsightly and sneeze-inducing, cobwebs can be easily removed with a vacuum—use the wand attachment to reach every nook and cranny. Sweep your home regularly and keep clutter to a minimum to prevent more spiders making their home in yours.



## Come Sail Away

The hobby of building ships in bottles began as far back as 1784—the date of the oldest surviving specimen of this intricate craft, now housed in a German museum. In their heyday, ships in bottles were made by sailors, fishermen and lighthouse keepers and sold as souvenirs. Later, the hobby came to be enjoyed by all, and you can now find model-building kits in a variety of materials and skill levels.



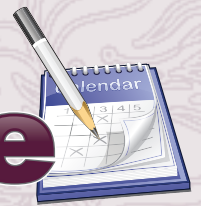
## Memory Care Neighborhood

Our Connections residents and the Learning Bee Students recently came together for a heartwarming patriotic craft session! With flags waving and smiles bright, this intergenerational event was a beautiful blend of youthful energy and seasoned wisdom. We love having this intergenerational connection within our community!



Larry and Mrs. Pam work together to create a craft!

## Save the Date

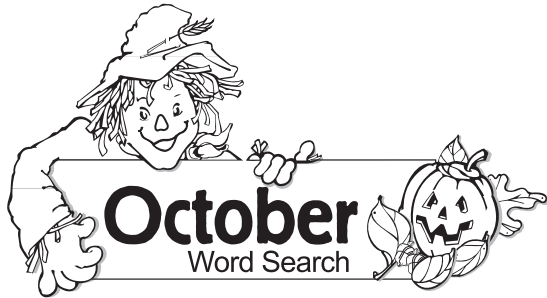


- 10/2 @ 11:30am: **Connections Lunch Outing** to the Airways Inn
- 10/7 @ 11:00am: Grocery Store Trip to Giant
- 10/9 @ 10:45am Trip to Gavers Farm with the Learning Bee
- 10/16 @ 10:45am: Lunch Outing to the Bavarian Inn
- 10/23 @ 10:45am: Outing to Baughers Market in Westminster

### In House Events:

- 10/1 @ 3:00p: Music with Forever Young
- 10/8 @ 2:00p: Beer and Pretzel Tasting
- 10/8 @ 3:00p: Music from Sid Miller
- 10/10 @ 3:30p: OKTOBERFEST! (with German Dinner to Follow)
- 10/21 @ 2:00p: Lecture from Montgomery Historical Society
- 10/24 @ 3:00p: Accordion Music from Stas
- 10/29 @ 3:00p: Piano from Paul Warthen
- 10/31 @ 10:30: Trick-or-Treating from The Learning Bee





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|---------------|--------------|
| 1. Candy      | 9. Halloween |
| 2. Cat        | 10. Harvest  |
| 3. Costume    | 11. Moon     |
| 4. Dark       | 12. Scary    |
| 5. Dry Leaves | 13. Spider   |
| 6. Football   | 14. Treat    |
| 7. Ghost      | 15. Trick    |
| 8. Goblin     | 16. Witch    |

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# "This Month In History"

## OCTOBER

**1895:** The first U.S. Open golf tournament tees off at the Newport Country Club in Rhode Island.

**1904:** In New York City, more than 100,000 people pay a nickel each to ride the city's new subway system.

**1916:** The San Diego Zoo is founded. Now world-famous, the California zoo is home to more than 3,500 animals.

**1921:** The World Series is broadcast on the radio for the first time.

**1930:** In the musical "Girl Crazy," Ethel Merman makes her Broadway debut, earning standing ovations after belting out the show-stopper "I Got Rhythm."

**1941:** Mount Rushmore, the sculpture of four U.S. presidents carved into the face of a South Dakota mountain, is completed after 14 years of work.

**1954:** Singer Marian Anderson becomes the first African-American hired to perform as a member of New York City's Metropolitan Opera.

**1968:** American author John Steinbeck is awarded the Nobel Prize in literature.

**1973:** Queen Elizabeth II officially opens Australia's newly built Sydney Opera House.

**1982:** Sony launches sales of the world's first compact disc player, priced at about \$1,000.

**1990:** East Germany and West Germany end 45 years of division, declaring a unified country.

**2003:** LeBron James, the first player picked in the NBA draft, makes his debut with the Cleveland Cavaliers. He was named the NBA Rookie of the Year that season.

**2011:** According to estimates by the United Nations, the world population reaches 7 billion.

**2015:** The single "Hello" by British pop singer Adele makes history by selling more than 1 million downloads in one week.