

River Gardens



Celebrating October

**Birthday Party with:
Dan the Country Man**
October 3rd

Thanksgiving Day
October 9th

Story Telling by: Candas Whitlock
October 10th

**Oktoberfest Celebrations and Music
by: Ron Hiuser!**
October 13th

Falls Prevention Seminar
October 16th

Lunch Outing to: Jack's
October 18th

**Musical Entertainment by:
Jimmy the Crooner**
October 23rd

Music Series with: Ann Reynolds
October 25th

**Halloween Party with
Celebrity Productions!**
October 30th

River Gardens News

- River Gardens will no longer be offering a foot care clinic. If you are interested in foot care, please see Audrene or Pam and we can provide you with phone numbers of foot care nurses that will come by appointment to your room. Cindy, our esthetician, is available by appointment in the salon on Tuesday's, Wednesday's, and Thursday's. She provides excellent pedicures as one of her services. We apologize for any inconveniences this many cause.
- We will be offering a flu-shot clinic at end of October. Dates to be determined. If any resident's want their flu-shot done at River Gardens please see Pam or Audrene by Oct 20th at the latest. If you receive your flu-shot from your family doctor, please notify Pam or Audrene.
- The Perk and Brew Café will be on Saturday, October 28th starting at 2pm. We invite your little ones to come in – dressed up to show off their Halloween costumes. Please join in the fun, everyone is welcome.
- We have some changes in our exercise schedule! Please note that **Chair Yoga with David** is now on Wednesdays. **Balance Class** is offered Mondays @ 10am (#1); and Thursdays @ 11am (#2). Make sure to see Amber to be signed up for this class.
- ****New**** Exercise Class **Progressive Balance** is Mondays @ 1:30pm. All are welcome to attend.
- As cooler weather comes, we need to talk about how to prevent falls! Come join Amber Monday October 16th at 2pm for a seminar : **Falls Prevention – How to Keep Yourself Safe.**

Light and Prosperity



Diwali, India's most important holiday of the year, begins on October 19. The Diwali story differs depending on where in India you live. In the north of India, it celebrates the return of the warrior prince Lord Rama to the ancient city of Ayodhya after he defeated Ravana, the king of the demons, by lighting rows of clay lamps. Southern India celebrates it as the day Lord Krishna, the god of love and compassion, defeated the demon Narakasura. In Western India, Diwali marks the day that Lord Vishnu, one of Hinduism's main gods, the Preserver of all earth from destruction, sent the evil King Bali, who had conquered the heavens, to rule over the underworld. Each of these three stories highlights the most important lesson of Diwali: the victory of good over evil and of light over darkness. This is why Diwali is known as the Festival of Light.

There is another key piece of Diwali. It originally coincided with the last harvest of the year before the onset of winter and darkness. On this day, farms and businesses begged for blessings from Lakshmi, goddess of wealth, for the new financial year. This is why the day after the last day of Diwali is still considered the beginning of the new fiscal year for all businesses in India.

Diwali lasts for five days. Families typically spend the first day cleaning the house and honoring Lakshmi, the goddess of wealth, by buying gold, silver, and other luxury items. That night, the ritual lamps are first lit. On the second day, families decorate the floor of their homes with colorful patterns made of sand and powder called *rangoli*. The designs reflect local traditions and beliefs. The third day is the main holiday, Diwali night, and falls on the darkest night of the new moon. Lamps are lit and doors are opened to encourage Lakshmi to enter. Friendships are celebrated, sweets are shared, and fireworks are set off. The fourth day is a celebration of marriage, and the fifth day is a celebration of brothers and sisters, a way of strengthening family ties. At the end of Diwali, the lights may go out, but the darkness is conquered.

October Birthdays

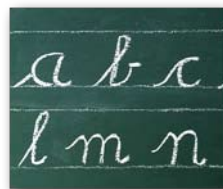
In astrology, those born from October 1 to 22 balance the scales of Libra. Libra epitomizes fairness and harmony in all dealings large and small. Sincere, beautiful, and romantic, Libra will work hard to keep all relationships on an even keel with boundless grace and charm. Those born between October 23 and 31 are Scorpios. Scorpios are passionate, deep, and intense, qualities that help them counsel others in deep and meaningful ways.

Resident Birthdays

- Jane M. – October 7th
- Doreen D. – October 11th
- Warren G. – October 16th
- Colleen G. – October 18th
- Della D. – October 21st
- Connie M. – October 23rd
- Marg S. – October 26th

Pleading the case

these small letters aren't an editing mistake.



october 14 is lowercase day. originally, alphabets were written entirely in uppercase, or capital, letters. when written quickly and in succession, these large letters were confined to

the upper and lower lines of the page and easy to read. then writers got fancy, creating letters that flowed over and under the lines. it is from these fancy letters that writers developed the first lowercase letters, which became popular and were adopted by writers throughout europe. the term *lowercase* developed much later from manual typesetting. because lowercase letters were used more often, they were kept in a "lower case" within easy reach of the typesetter. the capital letters were held farther away in an "upper case." has your appreciation of lowercase letters changed as a result of reading this paragraph?