



October 2021

# Lexington Estate

at Buchanan County Health Center

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## Halloween 2021

### Celebrating October

**Beep...Beep!**

#### October Road Trips:

**October 4th Red Rock Farms**

**October 14th– Movie Theatre**

**October 18th– Dennie's Pumpkin Patch**

#### Pastoral Care Week

*October 20-26*

#### Halloween

*Sunday October 31st*



Residents, Family, and Staff  
are invited to celebrate

### Halloween

a little differently this year!

**Two Days of Fun!**

Friday, October 30th

Casual for a Cause Jeans day at  
BCHC.

- ◆ Staff will wear jeans and their favorite Halloween t-shirts. They will pass treats to residents.

Sunday, October 31st

- ◆ Families are encouraged to visit their loved one. Come dressed in costume to surprise your loved one.
- ◆ Photos will be posted on our Lexington Estate Facebook page. Voting will take place through Sunday November 1st.

## Around the World In October!



In October we will be “traveling” around the world.

Week one we will jet off to Italy and have a pasta feast.

Germany is our second stop. During the week we will have a taste of Germany’s fine cakes and German cookies.

Week three finds us touring Mexico and enjoying Fried Ice Cream & Churros.



# Taste Of Home

Easy Creamy Pumpkin Pie A diabetic-friendly recipe Ingredients:

- ◆ 2 (3.4-ounce) packages sugar-free instant vanilla pudding mix
- ◆ • 2 cups milk
- ◆ 1 cup canned pumpkin puree
- ◆ • 1 teaspoon pumpkin pie spice
- ◆ • 1/4 teaspoon ground nutmeg
- ◆ • 1/4 teaspoon ground ginger
- ◆ • 1/2 teaspoon ground cinnamon
- ◆ • 1 prepared 9-inch piecrust
  
- ◆ Directions 1. Combine pudding mix, milk, pumpkin puree, pumpkin spice, nutmeg, ginger, and cinnamon in a large bowl with a hand mixer. 2. Transfer to the prepared piecrust. Cover and chill 2–3 hours until firm before cutting and serving. Makes 8–10 serving



At long last, Halloween has finally arrived! From brainstorming spooky costumes to trying out pumpkin carving ideas with our kids, eating unfathomable amounts of Halloween treats, candy, and chocolate and indulging in everything pumpkin-spice-flavored, there's so much to anticipate during this frightfully fun October holiday.

No matter how old you are or how many times you've been around the block, the holiday simply never gets old. The littlest ones get a chance to dress up and go trick-or-treating, and parents have an excuse to sip on a boo-zy Halloween cocktail.

But in the midst of the Halloween party games and sugar rushes, have you ever wondered about the origin and history of Halloween?

Here, we're sharing Halloween's origin and meaning in the hopes that it'll make your celebrations even more enjoyable. After all, this old-fashioned holiday actually dates back many, many years. It's a lot older than you might think! And as for the witches and wizards that you've come to associate with it? They're part of the story, too. Here's the true tale of how Halloween officially came to be.

You already know that Halloween takes place on the last day of October, but here's something you might not know: The word itself literally means "hallowed evening," and was previously known to early European celebrators as All Hallows' Eve. All Hallows' Eve (October 31) and All Saints' Day (November 1) both paid homage to saints ("hallows" = saints). The name was eventually shortened to "Halloween,"

## October Celebrity Birthdays

- Buster Keaton (comedian) – Oct. 4, 1895
- Thor Heyerdahl (explorer) – October 6, 1914
- Jesse Jackson (politician) – Oct. 8, 1941
- Henry John Heinz (magnate) – Oct. 11, 1844
- Ralph Lauren (designer) – Oct.14, 1939
- Emeril Lagasse (chef) – October 15, 1959
- Annette Funicello (actress) – October 22, 1942
- Michael Crichton (writer) – October 23, 1942
- Dylan Thomas (poet) – October 27, 1914
- Richard Dreyfuss (actor) – October 29, 1947


## Happy Birthday to Our Own Celebrities!

Louise Bachman– October 5th





# OCTOBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>3</b> Independent Activities	<b>4</b> 9:30 Sing and Swing 10:00 Coffee Talk & Reminence  12:30 Load the Bus 1:30 Red Rock Farm	<b>5</b> 9:30 Sing and Swing 10:00 Beverage Cart & Cookies <b>Happy Birthday Louise</b>  1:30 Pumpkin Chuck & Trivia	<b>6</b> 9:30 Sing and Swing 11:30 Take Out  1:30 Bingo 3:00 Happy Hour	<b>7</b> 9:00 Manicures 10:30 Church with Sue Ann Raymond  1:30 You Matter to Me Day Note.	<b>1</b> 9:30 Sing and Swing 10:30 Prairie Lakes Church Virtual  1:30 Live Music Tom Moran	<b>2</b> Independent Activities
<b>10</b> Independent Activities	<b>11</b> 9:30 Sing and Swing 10:00 Coffee Talk & Reminence  1:30 Cork n Canvas Wine & Cheese	<b>12</b> 9:30 Sing and Swing 10:00 Beverage Cart & Cookies  1:30 Card Club	<b>13</b> 9:30 Mass with Father Dave 11:30 Whats New in the News 1:30 Bingo 3:00 Happy Hour	<b>14</b> 9:00 Manicures 10:30 Readers Circle 11:00 Immanual Communion 12:30 Load the Bus 1:30 Movie in Oelwein	<b>8</b> 9:30 Sing and Swing 10:00 Church with John Sheda  1:30 DJ Clay Willie Classical Music	<b>9</b> Independent Activities
<b>17</b> Independent Activities	<b>18</b> 9:30 Sing and Swing 10:00 Coffee Talk & Reminence 12:30 Load The bus 1:30 Dennies Pumpkin Patch	<b>19</b> 9:30 Sing and Swing 10:00 Beverage Cart & Cookies 11:30 Take Out  1:30 Carve Pumpkin	<b>20</b> 9:30 Sing and Swing 11:30 Whats New in the News 1:30 Bingo 3:00 Happy Hour	<b>21</b> 9:00 Manicures 10:30 Readers Circle  1:30 Katelyns Craft	<b>15</b> 9:30 Sing and Swing 11:00 Dave Poggenklass Live Music 1:30 Travel to Italy Pasta Feast	<b>16</b>  1:30 Music with Dave Wirtz
<b>24</b> Independent Activities	<b>25</b> 9:30 Sing and Swing 10:00 Coffee Talk & Reminence  1:30 Taste of Home	<b>26</b> 9:30 Sing and Swing 10:30 Resident Council  1:30 Birthday Party with CAKE & Birthday Bingo	<b>27</b> 9:30 Sing and Swing 11:30 Whats New in the News  1:30 Bingo 3:00 Happy Hour	<b>28</b> 9:00 Manicures 10:30 Readers Circle  1:30 Travel to Mexico Churros & Fried Ice Cream	<b>22</b> 9:30 Sing and Swing 10:30 Prairie Lakes Church Virtual  1:30 DJ Clay Willie Live Music	<b>23</b> Independent Activities
<b>31</b> 1:30 Halloween Movie & Popcorn	<b>Activities are always subject to change.</b>					
					<b>29</b> 9:30 Sing and Swing 10:30 Prairie Lakes Church Virtual  1:30 Travel To Germany German Cake & Cookies	<b>30</b> Independent Activities