



# THE CENTER

## Active Older Adult Newsletter | October 2025

### GAMES – LOBBY

**October 2 | 10:00 am**

A great perk of board games for seniors that they don't require physical strength and endurance, so you're never too old to play

### CREATE FALL DECORATION AS PICTURED - SENIORS' KITCHEN

**October 9 | 10:00 am**



### FALL COLOR WALK – MASSEBESIC LAKE

**October 16 | 10:00 am**

### MOVIE AND POPCORN – SENIORS' KITCHEN

**October 23 | 10:00 am**

"Lessons In Chemistry" is an 8-episode series set in the 1950's. Elizabeth Zott's dream of being a scientist is challenged by a society that says women belong in the domestic sphere; she accepts a job on a TV cooking show and sets out to teach a nation of housewives' way more than recipes. We will air the fourth and fifth episodes and the other three in subsequent weeks. Popcorn will be ready.

### BOOK CLUB - LOBBY

**October 23 | 10:00 am**

Join us for a discussion of the book "The Boy in Mom's Basement" by John Tuohey. We will have the pleasure of the author joining us. At 18 years of age, Lance leaves the basement where he has spent much of his life. He goes looking for three things: adulthood, love, and lust. He finds unlikely friends, who try to mold him into a functioning human being.

### SEPTEMBER POTLUCK LUNCH

For those that might be new to the concept of a potluck party, it's basically a social gathering where guests contribute to the meal by bringing their own dishes. This potluck had us bringing and sharing our favorite childhood recipes to help us get to know each other better.



## EXERCISE CLASSES

### Monday

- **Pilates from** 9:00 - 9:45 am,  
held in Studio A

### Tuesday

- **Fit 4 Life** from 8:00 - 8:45 and 9:00 - 9:45 am, held in Studio D and on Zoom

### Wednesday

- **Gentle Yoga** from 10:15 - 11:10 am, held in Studio A

### Thursday

- **Fit 4 Life** from 8:00 - 8:45 and 9:00 - 9:45 am, held in Studio D and on Zoom

### Friday

- **Pilates from** 9:00 - 9:45 am,  
held in Studio A
- **Gentle Yoga** from 4:00 - 5:00 pm, held in Studio A

### Saturday

- **Gentle Yoga** from 8:15 - 9:15 am, held in Studio A

## WATER CLASSES

### Monday

- **Water Aerobics** 8:30 - 9:15 am
- **Silver Sneaker Splash**, 10:30 - 11:15 am

### Tuesday

- **Water Aerobics** 6:45 - 7:45 pm

### Wednesday

- **Water Aerobics**, 8:30 - 9:15 am
- **Silver Sneakers Splash**,  
10:30 - 11:15 am

### Thursday

- **Water Aerobics**, 6:45 - 7:45 pm

### Friday

- **Water Aerobics**, 8:30 - 9:15 am
- **Silver Sneakers Splash**  
10:30 - 11:15 am

**If you have questions or  
would like more information,  
please contact:**

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1. Plant garlic, shallots, and perennial onions.
2. Drain the hoses and empty the bird baths before a hard frost.
3. Potted perennials can be buried in an empty part of the vegetable garden or surrounded with a thick layer of straw to get them through the winter.
4. Collect soil samples now for testing to prepare for next year's fertilization of the lawn, the vegetable garden, the shrub border and flower beds. Submit separate samples for distinct areas used to grow different types of plants and where growing conditions are different for the same plants. A shady lawn area on a slope should be a different sample than a sunny lawn area.



5. Dig and divide spring and summer flowering perennials now. Late summer and fall flowering ones can be done in the spring. Cut foliage back, replant and water well. Wait until winter is in full swing to add new mulch for winter protection during their first winter.
6. Keep an eye on the weather and harvest any remaining summer produce like beans, eggplant, peppers, and tomatoes before a hard frost rolls in.
7. Spread manure, rotted sawdust, rotted straw, and shredded leaves over the garden and plow them under; you'll be surprised at the difference this organic matter will make in the fertility, physical structure and water-holding capacity of the soil.
8. Cut and dry or freeze remaining herbs.
9. Remove, chop, and compost asparagus tops after they have yellowed and died for the season. Wait until the ground has frozen to mulch.







## ROOT VEGETABLES — LIKE SWEET POTATOES, BEETS, PARSNIPS, AND CARROTS —

are vibrant and versatile. They're

high in fiber and antioxidants, and some have been proven to stabilize blood sugar as a successful part of a diabetic diet. They're also a tasty replacement for classic roasted potatoes and just as easy to make.

This recipe involves chopping firm vegetables, which may be difficult for some seniors. To get the benefits of root vegetables without as much knife work, check out the recipe for Stuffed Southwest Sweet Potatoes below.

### Ingredients

- ½ red onion, cut into wedges
- 1 large sweet potato, peeled
- 2 large carrots, peeled
- 1 large beet, scrubbed and trimmed
- Several new potatoes, skin on, cut in halves or quarters
- ¼ cup olive oil
- 4 teaspoons mixed dried herbs, like rosemary, oregano, and parsley

### Instructions

1. Preheat oven to 400 F and grease a large baking sheet.
2. Cut root vegetables into even-sized pieces, about an inch each.
3. Toss root vegetables with olive oil, herbs, salt, and pepper. Spread in an evenly spaced layer on the prepared pan.
4. Bake for 30-40 minutes, stirring and flipping vegetables twice or until soft.

## OCTOBER TRIVIA

1. What American federal holiday occurs in October?
2. What do Canadians celebrate on the second Monday in October?
3. What two meteor showers occur annually in October?
4. In what type of calendar is October the 10th month?
5. What season does October fall in in the Southern Hemisphere?
6. The first full moon after the Harvest Moon falls in either October or November. What's it called?
7. What is the bird of the month for October?
8. What Hindu festival, also known as the Festival of Lights, is celebrated in October or November?

1. Columbus Day and/or Indigenous Peoples' Day, 2 Thanksgiving, 3. The Draconids and the Orionids, 4. The Georgian calendar, 5. Spring, 6. Hunter's Moon, 7. The owl, 8. Diwali

## HISTORY OF OCTOBER

In the old Roman calendar, October was called *mensis october*, the eighth month, because the Roman calendar started in March. October started out with 31 days; unlike many other months, this was never changed.

In 154 BCE, a rebellion forced the Roman senate to change the beginning of the civil year from March to January 1st. With this reform, October officially became the tenth month in the year 153 BCE

October is known for autumn foliage, harvest festivals, and Halloween. It is also the month for various awareness causes like Breast Cancer Awareness Month, LGBTQ+ History Month, Domestic Violence Awareness Month, and National Cybersecurity Awareness Month. Additionally, it is the month for national observances like National Pizza Month and National Book Month

### October Birthstone and Birth Flowers

According to tradition, the birthstones for October are the tourmaline and the opal. Its birth flower is the calendula. Zodiac Signs in October

- Libra (Scales): September 23 – October 22
- Scorpio (Scorpion): October 23 – November 22

### Thoughts of OCTOBER

If I had to pick a favorite month of the year, I would choose October. The weather is good; the beauty of Autumn is hitting full stride. And for me personally, I feel like October is when I finally settle back into a comfortable rhythm.

1. The sound of acorns hitting the ground, technicolor leaves,
2. the first pot of soup of the season, long-sleeved t-shirts,
3. squirrels scampering around from tree to tree gathering nuts for the winter, the way leaves dance, twirl, and float as they fall, Monarch butterflies, and sleeping with the window open.

Yoga in Autumn represents a practice of transition; it is a time for self-nourishment and reflection. The season of autumn invites us to explore an inward and introspective energy both on and off our yoga mats. This is a time of year where we slow down, contemplate, and experience gratitude, abundance, and letting go.

With the Autumnal Equinox behind us, fall is now in full swing. This season is an invitation to slow down, take note of what our bodies and minds need, and change our practices to meet those requests. The elements of the fall season, bringing qualities such as light, dry, rough, windy, and cool—a welcome transition after a long, hot summer. Embrace all the changes autumn brings with these practices that urge you to fall into stillness, find balance, and prepare you for the cooler days ahead.

# 10 HEALTHY HABITS FOR YOUR BRAIN

TAKE CHARGE OF YOUR BRAIN HEALTH. THESE HEALTHY HABITS CAN LOWER THE RISK OF DEVELOPING COGNITIVE DECLINE AND POSSIBLY DEMENTIA. THIS IS TRUE EVEN FOR PEOPLE WITH A HISTORY OF DEMENTIA IN THEIR FAMILIES.

Follow as many of these tips as possible to achieve the most benefits for your brain and body. It's never too late or too early. **Start now!**



## Protect your head

Help prevent an injury to your head. Wear a helmet for activities like biking, and wear a seatbelt. Protect yourself while playing sports. Do what you can to prevent falls, especially for older adults.



## Be smoke-free

Quitting smoking can lower the risk of cognitive decline back to levels similar to those who have not smoked. It's never too late to stop.



## Get moving

Engage in regular exercise. This includes activities that raise your heart rate and increase blood flow to the brain and body. Find ways to build more movement into your day — walking, dancing, gardening — whatever works for you!

## Challenge your mind



Be curious. Put your brain to work and do something that is new or hard for you. Learn a new skill. Try something artistic. Challenging your mind may have short- and long-term benefits for your brain.



## Control your blood pressure

Medications can help lower high blood pressure. And healthy habits like eating right and physical activity can help too. Work with a health care provider to control your blood pressure.



## Manage diabetes

Type 2 diabetes can be prevented or controlled by healthier eating, increasing physical activity and medication, if necessary.



## Sleep well

Good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible. Do all you can to minimize disruptions. If you have any sleep-related problems, such as sleep apnea, talk to a health care provider.



## Stay in school

Education reduces your risk of cognitive decline and dementia. Encourage youth to stay in school and pursue the highest level of training possible. Continue your own education by taking a class at a local library, college or online.



## Eat right

Eating healthier foods can help reduce your risk of cognitive decline. This includes more vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat. Choose healthier meals and snacks that you enjoy and are available to you.



## Maintain a healthy weight

Talk to your health care provider about the weight that is healthy for you. Other healthy habits on this list — eating right, physical activity and sleep — can help with maintaining a healthy weight.

Learn more at [alz.org/healthyhabits](https://www.alz.org/healthyhabits).

 **ALZHEIMER'S<sup>®</sup> ASSOCIATION**