



THE CENTER

"The Elderberry" A Newsletter for Active Adults-October 2026

THURSDAY/TUESDAY ACTIVITIES

October 1 | 10:00 am

WII BOWLING – SENIOR KITCHEN

Uses the Wii Remote to mimic real-life physical actions like bowling a ball.

October 6th (Tuesday) | 10:00 am

HALLOWEEN GARLAND – LOBBY

Join us in the lobby to make Garland for our Spooktacular community event happening on Thursday, October 29th.

October 15th | 10:00 am

NATIONAL I LOVE LUCY DAY – SENIOR KITCHEN

On October 15, 1951, *I Love Lucy* burst onto the American television scene and immediately began making history. In a revolutionary move, it became the first scripted program to be filmed in front of a live studio audience. Come enjoy a snack and few episodes of *I Love Lucy* in the Senior Kitchen.

October 22 | 10:00 am

BOOK CLUB – LOBBY

Join us for a discussion of the book **"The Calamity Club"** by **Kathryn Stockett**. Set against a backdrop of enigmatic allure, this narrative plunges into the dynamics of an exclusive, mysterious group whose members find themselves entangled in unforeseen troubles. Stockett masterfully intertwines suspense and emotional depth, exploring the complexities of friendship and trust in extraordinary circumstances.

October 29 | 10:00 am

TRICK OR TREAT – LOBBY

Join us in the lobby at 10:00am to give treats away to our Early Learning Center kiddos for Trick-or-Treat. Feel free to dress up. We will enjoy our own adult treats when Trick-or-Treat is over.

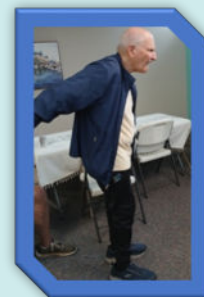


Beginning January 1st, "The Gratitude Jar" will be in the Senior Kitchen so that anytime we are down there, members will be invited to write for what they are grateful at that moment and put it in the jar. At next year's holiday luncheon, we will read them all.

WII BOWLING

Last month the "Tournament" began. *Wii Sports Bowling* is similar to real-life bowling. The player attempts to knock down 10 pins with a ball. The player has 10 attempts with two bowls in each frame. The most points that can be scored in one game is 300 points. We will be playing again on October 1st. Please join us.

Last month's winner was Bob and as he said, "it was a lot of fun, and I am half blind and I won!"



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
- **Aqua Fit**, 10:30 - 11:15 am

Tuesday

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

Wednesday

- **Water Aerobics**, 8:30 - 9:15 am
- **Aqua Fit**, 10:30 - 11:15 am

Thursday

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

Friday

- **Water Aerobics**, 8:30 - 9:15 am
- **Aqua Fit**, 10:30 - 11:15 am

If you have questions or would like more information, please contact: Kathy Raiche-Stephens

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OCTOBER GARDENING TIPS

October is the ideal month to put your garden to bed for winter, plant spring-blooming bulbs, and protect tender crops from early frosts.

Planting and Bulbs

- **Spring Bulbs:** Plant daffodils, tulips, and crocuses before the ground freezes. Wait until soil temperatures drop below 60°F so they do not sprout too early.
- **Garlic:** Plant garlic cloves about 2 inches deep with the pointy side up and cover with a thick layer of mulch.
- **Trees and Shrubs:** Give new woody plants time to set roots by installing them now and water them deeply before the first hard freeze.



Fall Cleanup and Protection

- **Leave Habitat:** Leave select brush piles and standing perennial seed heads to provide food and shelter for local wildlife and overwintering pollinators.
- **Clear Diseased Debris:** Remove and discard any diseased plants or insect egg masses (like spongy moths) off-site to prevent next year's fungal issues.
- **Manage Leaves:** Rake leaves off the lawn to prevent smothering the grass, or mow over them to create a nutrient-rich mulch for your garden beds.



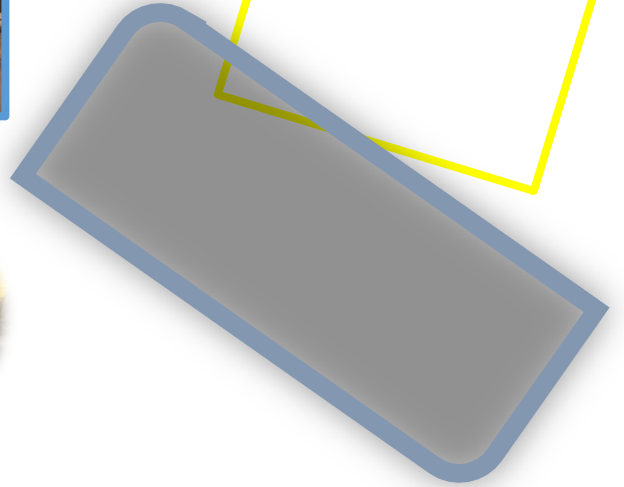
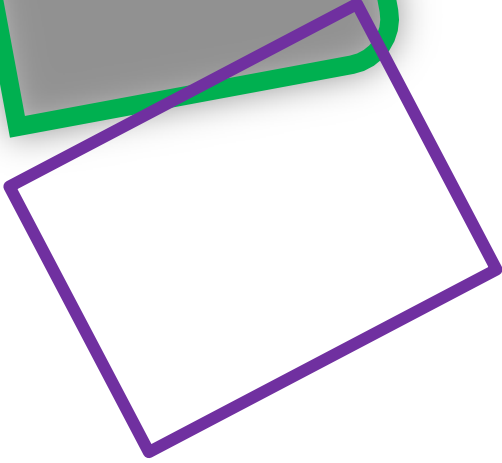
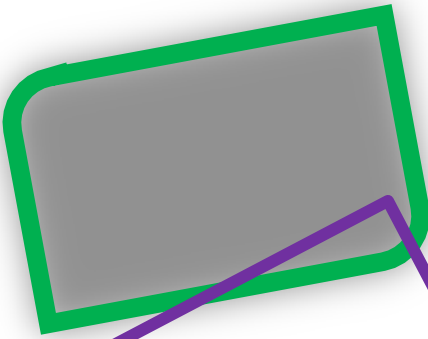
- **Frost Protection:** Keep row covers handy or use blankets to protect sensitive cold-weather crops on freezing nights.

Maintenance and Storage

- **Watering:** Taper off watering as plants go dormant but make sure newly planted evergreens and trees stay deeply hydrated until the ground freezes.
- **Tender Bulbs:** Dig up summer-blooming tender bulbs like dahlias and gladiolus after the first frost, dry them out, and store them in a cool, frost-free spot.
- **Tools and Hoses:** Drain and store garden hoses, turn off outdoor faucets, and clean your gardening tools before winter arrives.



SOUP AND GRILLED CHEESE



BINGO REMAINS A VERY POPULAR GAME FOR ALL AGES.

- **Low Cost:** Tickets and supplies are inexpensive, making it a budget-friendly outing compared to movies or concerts.
- **Easy Rules:** Players do not need complex strategies; you just listen and mark your numbers.
- **Social Connection:** It builds community and helps reduce loneliness for players of all ages.
- **Brain Health:** Listening for numbers and scanning cards gives your memory and concentration a healthy workout.



FUN FACTS ABOUT AGING

Older adults experience a unique boost in overall happiness, with studies showing that about 70% of people over 65 report feeling relaxed more often than not.

Surprising Facts About Aging

- **Less sweat:** Sweat glands shrink as people age, which means less sweating and less need to manage body odor.
- **Fewer colds:** Seniors catch fewer colds than younger people, averaging only about two to four colds per year.
- **Active learners:** Adults aged 85 and older are currently the fastest-growing age group by percentage in the United States.
- **Movie lovers:** People over 50 go to the movies more than any other age group, making up 33% of all trips to the theater.

Community and Connection

- **Tech savvy:** More than 40% of seniors use computers regularly, and over 15 million older adults use Facebook.
- **Giving back:** About 24% of adults aged 65 and older formally volunteer their time to help others.
- **Centenarians:** There are tens of thousands of centenarians (people aged 100 or older) living across the United States.

HERE IS WHAT SOME SENIORS HAVE CONTRIBUTED TO OUR WORLD IN THEIR LATER YEARS:

Sophocles was 89 when he wrote Oedipus at Colonus, one of his dramatic masterpieces.

On the day of his death, at the age of 78, Galileo was said to be planning a new kind of clock that would tell time—in minutes and seconds, not just hours—using a pendulum swing instead of movement of water or sand.

Isaac Newton, better known for his scientific achievements, became a scourge of counterfeiters as the Warden of the Royal Mint, a position he held until his death in his mid-80s.

Benjamin Franklin only retired from public service when he was 82.

Benjamin Disraeli was 70 when he became prime minister of England for the second time.

Susan B. Anthony was past 80 when she formed the International Woman Suffrage Alliance

Henrik Ibsen was 71 when he wrote his last play, When We Dead Awaken.

Mary Baker Eddy was 86 when she founded the Christian Science Monitor newspaper. Alexander Graham Bell was 75 when he received a patent for his work on a hydrofoil boat.

Sarah Bernhardt was 78 when she acted in her last stage performance—La Gloire by Maurice Rostand.

Oliver Wendell Holmes, Jr. was reading Plato in Greek when he was 92.

Ignace Paderewski was 79 when he retired from playing the piano in concerts.

George Bernard Shaw was working on his last play, Why She Would Not, when he was 94.

Grandma Moses received her last commission as an artist when she was 99.

OCTOBER

Seasonal and Nature Changes

- **Fall transition:** Trees change color to bright red, orange, and yellow as the weather turns crisp and cool.
- **Harvest time:** Farmers finish gathering crops like pumpkins, apples, and squash.
- **Stargazing:** October features the Draconid and Orionid meteor showers alongside the bright Hunter's Moon.



Major Holidays and Traditions

- **Halloween:** Celebrated on October 31st with costumes, candy, and carved pumpkins.
- **Global festivals:** Includes Germany's famous Oktoberfest beer celebration, Canadian Thanksgiving, and Apple Day in the UK.



Important Awareness Months

- **Health campaigns:** Dedicated to Breast Cancer Awareness Month and World Mental Health Day (October 10).
- **History and education:** Recognized as LGBTQ+ History Month and National Arts and Humanities Month



Fun Facts

- **Misleading name:** October comes from the Latin word *octo* (eight) because it was the eighth month in the early Roman calendar before two extra months were added.
- **Birthstones:** The month has two birthstones, the opal and tourmaline.