

Laurels - October 2022 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="width: 20%;"> <p>Christine Vacanti, Director: 814-849-4131</p> </div> <div style="width: 40%; text-align: center;"> </div> <div style="width: 20%; text-align: center;"> <p style="font-size: 24px; font-weight: bold; margin: 0;">BREAST CANCER</p> <p style="font-size: 12px; color: #e91e63; margin: 0;">AWARENESS MONTH</p> </div> </div>						1	

2		3		4	12pm	Soup Gathering Clubhouse 	5		6		7	World Smile Day 	8	3pm	Chair Yoga with Caleb Dobson Clubhouse	
	 Happy Birthday Ken H!										10:30am	Fall Craft w/ My Garden refreshments available Small pumpkins/Gourds Available for purchase				
9		10		11	11:30am	Nat'l Sausage Pizza Day Clubhouse 	12		13		14		15			
16		17		18			19		20		21	10:30am	Nat'l Apple Day Clubhouse Refreshments provided Coffee Chats	22	3pm	Chair Yoga with Caleb Dobson Clubhouse
23		24		25	12pm	Soup Gathering Clubhouse 	26		27		28		29			

30	Daylight Savings	31	Halloween												
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Oktoberfest



OKTOBERFEST	BEER	DANCING
BRATWURST	BAVARIA	PRETZELS
BIERGARTEN	MUNICH	RADISH
STEIN	SAUERKRAUT	LEDERHOSEN
ACCORDION	SINGING	BRASS BAND

Rosemary Salmon and Veggies

Ingredients

- 1-1/2 pounds salmon fillets, cut into 4 portions
- 2 tablespoons melted coconut oil or olive oil
- 2 tablespoons balsamic vinegar
- 2 teaspoons minced fresh rosemary or 3/4 teaspoon dried rosemary, crushed
- 1 garlic clove, minced
- 1/2 teaspoon salt
- 1 pound fresh asparagus, trimmed
- 1 medium sweet red pepper, cut into 1-inch pieces
- 1/4 teaspoon pepper
- Lemon wedges

Directions

-Preheat the oven to 400°. Place salmon in a greased 15x10x1-in. baking pan. Combine oil, vinegar, rosemary, garlic, and salt. Pour half over the salmon. Place asparagus and red pepper in a large bowl; drizzle with the remaining oil mixture and toss to coat. Arrange around salmon in pan; sprinkle with pepper.



-Bake until salmon flakes easily with a fork and vegetables are tender, 12-15 minutes. Serve with lemon wedges.

Lunch Outing and Ice Cream



Laurels residents Joan Miller (left) Jean Parker (right) enjoying ice cream at our Summertime Ice Cream Social.



Laurels residents dining out at Cousins Basil Restaurant for lunch. A great time was had by all!



Laurels

OCTOBER 2022

Oktoberfest

Oktoberfest, annual festival in Munich, Germany, held over a two-week period and ending on the first Sunday in October. The festival originated on October 12, 1810, in celebration of the marriage of the crown prince of Bavaria, who later became King Louis I, to Princess Therese von Sachsen-Hildburghausen. The festival concluded five days later with a horse race held in an open area that came to be called Theresienwiese ("Therese's green"). The following year the race was combined with a state agricultural fair, and in 1818 booths serving food and drink were introduced. By the late 20th century the booths had developed into large beer halls made of plywood, with interior balconies and bandstands. Each of the Munich brewers erects one of the temporary structures, with seating capacities of some 6,000. The mayor of Munich taps the first keg to open the festival. Total beer consumption during Oktoberfest is upwards of 75,800 hectolitres (about 2 million gallons). The breweries are also represented in parades that feature beer wagons and floats along with people in folk costumes. Other entertainment includes games, amusement rides, music, and dancing. Oktoberfest draws more than six million people each year, many of them tourists. Oktoberfest begins on Saturday, September 17, and ends on Saturday, October 1, 2022.



Announcements

- There will be a Soup Gathering on 10/4 and 10/25 (clubhouse at 12pm). It will not be delivered.
- Be sure to watch for Flu Shot Clinic updates.
- Oktoberfest Month: We are looking for a German Dessert Recipe for Dennis Snyder from the Bistro to make. Contact Christine for suggestions.
- We will be offering Chair Yoga on occasional Saturdays with Caleb Dobson. Date and Time TBD.



Halloween Fact

November 1st is All Saints' Day in the Christian church. October 31st was known as All Hallows Eve, which was shortened to Halloween.

The holiday traces back to a Celtic festival called Samhain. It celebrated the end of the harvest and kicked off the new year. People believed it was when the veil between the worlds of the living and the dead was at its thinnest, and spirits were able to roam the land.