

Village at Laurelbrooke - October 2022 Activity Calendar

Sunday
Becky Park, Manager:
814-849-0814

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



2		3	4	5	6	7	8
		10am-2pm Becky-Village III CC	1-4pm cards-Village II CC		1-4pm cards-Village II CC		1pm cards-Village II CC
		1pm Tenant Council Meeting					
		Happy Birthday Ann Bish!					
9	10	11	12	13	14	15	
		10am-2pm Becky -Village III CC	1-4pm cards-Village II CC		10am Coffee Hour with Prayer		1pm Inside Saturday Social Village III CC
16	17	18	19	20	21	22	
		1-4pm cards-Village II CC		1-4pm cards-Village II CC	10am-2pm Becky-Village III CC	1pm cards-Village II CC	
					1-2pm Cards/Uno Village II CC	6pm Guest Dance Performance with Donuts & Cider	
23	24	25	26	27	28	29	
		1-4pm cards-Village II CC	10am-2pm Becky-Village III CC	1-4pm cards-Village II CC		1pm cards-Village II CC	
30	31	Halloween					



Important Information

October Tenant Council Meeting will be held on Monday, October 3rd at 1pm. All are encouraged and welcome to attend. Great opportunity to share your input and interest for future events and socialization.

Bingo/Uno Added to Calendar -

Friday, October 21st from 1-2pm, **Uno** will be played at Village II CC. We will be using the big Uno cards. Come enjoy the fun!

Monday, October 31st from 1-2pm, **Bingo** will be played at Village II CC. It will be 10¢ a card and coverall will be 25¢ a card. Come and enjoy an hour of Bingo.

Saturday Inside Social will be held October - April at Village III Community Center on the 3rd Saturday of each month. All are welcome to come. Bring a finger food to share.



Halloween Fact

In Britain, poor people went begging this time of year, receiving treats called "soul cakes." In return, the beggars promised to say prayers for the dead. America adopted the tradition and wisely started asking for candy instead.

Today, one quarter of all candy sold annually in the U.S. is purchased for Halloween.

Guest Dance Performance - A special group of ladies, family of Hoppy (Mildred Rose), will be flying in on Saturday, October 22nd at 6pm to perform a special dance in the Village parking lot, near the end of the parking lot by apartment #34. All are invited to come out and watch. Cider and donuts will be available after the performance.

Coupons for Soldiers - Reminder that in each community center is a "red box" for coupons. This can be any coupon, current or expired, whether it be Burger King coupons, grocery items or personal care items. These coupons would then be sent to military staff overseas via the Reynoldsville American Legion Auxiliary. Village Tenant, Sandy Snyder, is leading this community service project at the Village. It was discussed and voted on at the Village July 11th Tenant Council meeting.

Classic French Onion Soup

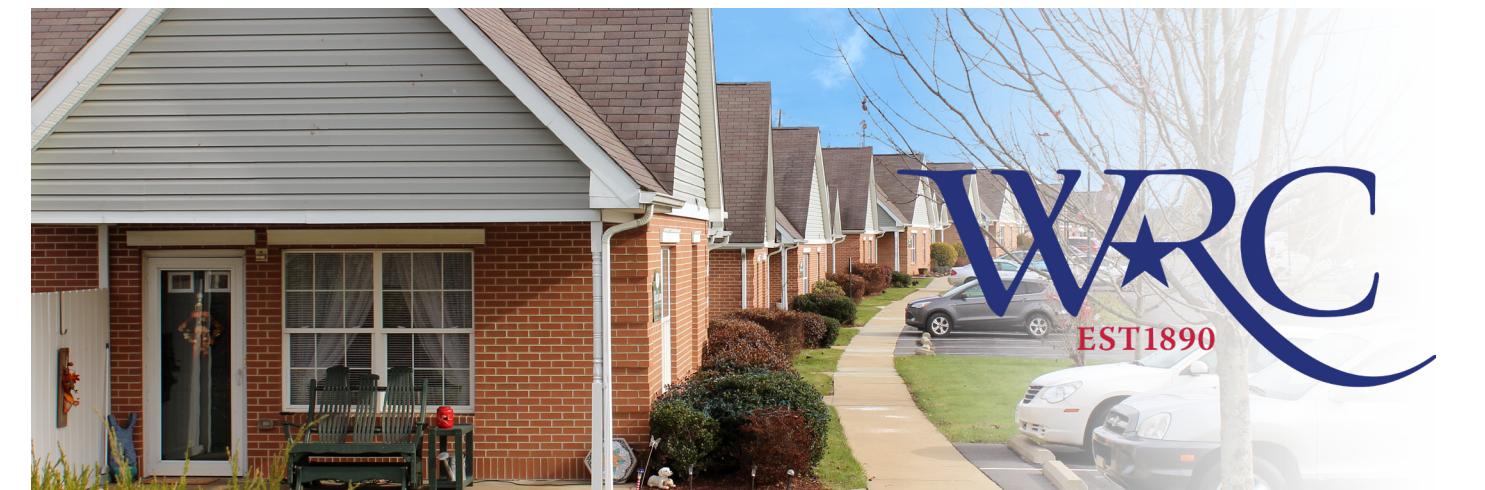
Ingredients

5 tablespoons olive oil, divided
1 tablespoon butter
8 cups thinly sliced onions
3 garlic cloves, minced
1/2 cup port wine
2 32 oz cartons of beef broth
1/2 teaspoon pepper
1/4 teaspoon salt
24 slices French bread baguette
2 large garlic cloves, peeled and halved
3/4 cup shredded Gruyere or Swiss cheese



Directions

- In a Dutch oven, heat 2 tablespoons of oil and butter over medium heat. Add onions; cook and stir until softened, 10-13 minutes. Reduce heat to medium-low; cook, stirring occasionally, until deep golden brown, 30-40 minutes. Add minced garlic; cook 2 minutes longer.
- Stir in wine. Bring to a boil; cook until liquid is reduced by half. Add broth, pepper, and salt; return to a boil. Reduce heat. Simmer, covered, stirring occasionally, for 1 hour.
- Meanwhile, preheat the oven to 400°. Place baguette slices on a baking sheet; brush both sides with the remaining 3 tablespoons of oil. Bake until toasted, 3-5 minutes on each side. Rub toasts with halved garlic.
- To serve, place twelve 8-oz. broiler-safe bowls or ramekins on baking sheets; place 2 toasts in each. Ladle with soup; top with cheese. Broil 4 in. from heat until cheese is melted.



Village at Laurelbrooke

OCTOBER 2022

Combating Seasonal Allergies with Healthy Food

It's time to prepare for the seasonal allergies that come along with fall. According to the Centers for Disease Control and Prevention, 50 million Americans suffer from nasal allergies each year. The foods we eat can contribute to relief from some allergy symptoms. Here is a list of natural foods that should be added to your diet this fall.

- Onions and garlic contain quercetin (a flavonoid found in many fruits and vegetables) known to fight allergies by reducing inflammation, and acting as an antihistamine.
- Broccoli, cauliflower, and cabbage are members of the "crucifer family," vegetables which have proven to clear out blocked sinuses.
- Pumpkin and collard greens contain carotenoids (a form of vitamin A) that have allergy fighting powers, including regulating the immune system.
- Walnuts contain selenium (an antioxidant) known to help reduce allergic responses, and decrease inflammation.
- Cashews and wheat bran have a high level of magnesium, which decreases allergies while opening up and relaxing muscles in the body.
- Tuna and salmon are known for being high in omega 3 fatty acids. The omega 3 reduces inflammation. A study conducted in Japan found that women, who ate more fish, had lower levels of allergic rhinitis, otherwise known as "hay fever."

