

# Village at Ridgmont - October 2022 Activity Calendar

**Sunday**  
Becky Park, Manager:  
814-849-0814

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**



**BREAST  
CANCER**  
AWARENESS MONTH

2	3	4	5	6	7	8
	1pm Monthly Birthday Cake & Ice Cream	2pm Bingo	9am Garbage Pick Up			
9	10	11	12	13	14	15
		2pm Bingo	9am Garbage Pick Up			
16	17	18	19	20	21	22
			9am Garbage Pick Up	12:30pm Crock Pot Soup Luncheon		
				2pm Bingo		
23	24	25	26	27	28	29
		10am made to order omelets	9am Garbage Pick Up			
		2pm Bingo				
30	31	Happy Birthday Kathy C!				



## Roasted Sweet Potato Salad



### Ingredients

4 cups cubed peeled sweet potatoes  
1 tablespoon olive oil  
1/2 cup chopped walnuts, toasted  
1/3 cup dried cherries, chopped  
1/4 cup minced fresh parsley  
2 tablespoons reduced-fat mayonnaise  
4-1/2 teaspoons white vinegar  
1 tablespoon honey  
1/2 teaspoon grated lime zest  
1/4 teaspoon salt

### Directions

-Place potatoes in a 15x10x1-in. baking pan coated with cooking spray. Drizzle with oil; toss to coat. Bake at 400° for 30-45 minutes or until tender. Cool to room temperature.

-In a large bowl, combine the walnuts, cherries, parsley, and potatoes. In a small bowl, combine the mayonnaise, vinegar, honey, lime zest, and salt. Pour over potato mixture and toss to coat. Serve warm or cold.

## Health Tip: Get Plenty of Rest

Not only can sleep reduce your stress level, but sleep is how your body repairs itself. For this reason, getting an adequate amount of sleep can result in a stronger immune system, making it easier for your body to fight off viruses.



Sleep is also important as you get older because it can improve memory and concentration. Aim for at least seven and a half to nine hours of sleep per night.

If you have trouble sleeping, talk to your doctor to find the underlying cause. Causes of insomnia can include inactivity during the day and too much caffeine. Or it can be a sign of a medical condition like sleep apnea or restless leg syndrome.



## Halloween Fact

On October 31st, the ancient Celts donned animal heads and skins and tried to predict the future. In addition, people would wear masks when they left their homes after dark so ghosts would mistake them for fellow spirits.

By 1000 A.D., Christians honored the dead on November 2nd, All Souls' Day, dressing up in costumes as saints, angels, and devils!

## Easy Halloween Craft Ideas



Cut a house shape from dark paper and create windows and doors with yellow paper. Then simply glue it to a goodie bag or hang them up.



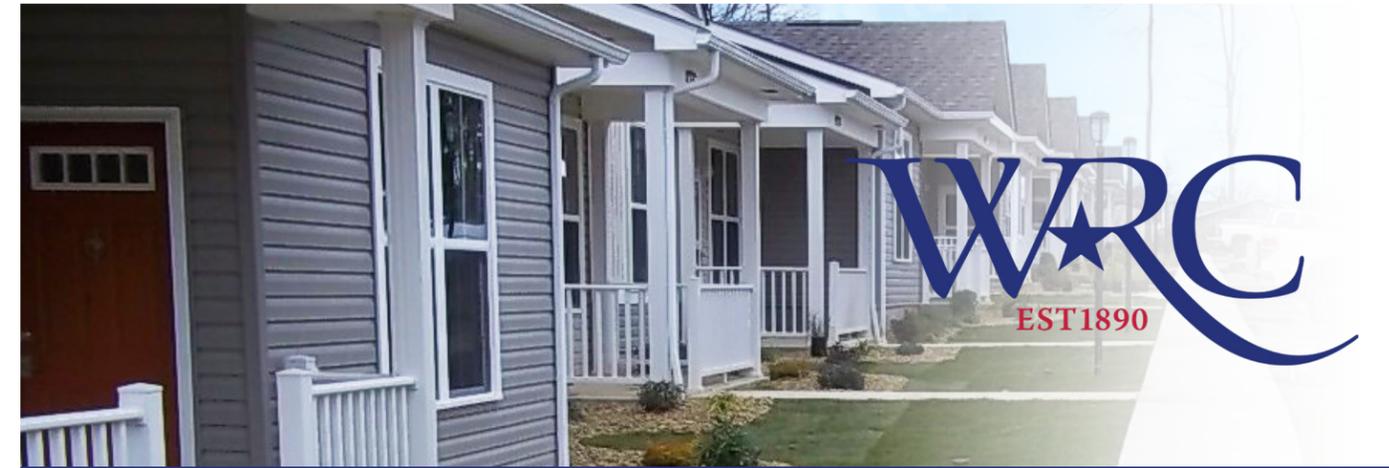
Blow up a white balloon and draw the ghost's face with a black marker. Then cover them with a torn transparent cloth and hang them by the knot in the balloon.



All you will need are faux pumpkins and temporary tattoos. Then simply apply the tattoo just like you would on your skin.



Find various lengths of sticks and glue them to a cardboard circle. Then decorate with fake cobweb and spiders.



## Village at Ridgmont

OCTOBER 2022

## Important Information

Residents get together for a birthday party on the first Monday of each month. The following residents have volunteered to provide cake for the designated months:

October: John & Kathy Clark  
November: Vonalee Allegretto  
December: Joan Armanini

**Monthly Birthday Party** will be on Monday, October 3rd at 1pm. Everyone is welcome to attend.

**Bingo Dates** - 10/4/2022, 10/11/2022, 10/20/2022, 10/25/2022 at 2pm

**Crock Pot Soup Luncheon** will be held on Thursday, October 20th at 12:30pm. Please bring your favorite soup to share. A sign up sheet is on the bulletin board. Please indicate what kind of soup you will be bringing.

**Made to order Omelets** - Tuesday, October 25th at 10am. Omelets, fresh fruit cup, mini muffins, and coffee will be available. A sign up sheet is on the bulletin board and sign up is needed prior to October 20th.

**Rent Payments** - if you are mailing your rent check, please mail it to:

North Fork Heights  
Attention: Becky Park, Manager  
22 Spruce Street  
Brookville, PA 15825  
Please make checks payable to: Village at Ridgmont

**Maintenance Position** - Please welcome Mark Shine from Johnsonburg to the Village at Ridgmont. His hours will be Monday through Thursday 8am-1pm. Thank you for your understanding during our time with no daily maintenance.

**Supportive Service Surveys** are inserted in your calendar. Pennsylvania Housing Finance Agency (PHFA) requires that every three years I send out a survey. I would appreciate your help if you could take a few minutes to complete the survey. I am looking for ideas of possible activities and/or education that would be of interest to you. Completed surveys are due back by October 15th. An envelope will be on the bulletin board in the Community Center for your completed surveys. If you complete the survey, your name will be put into a drawing for a Sheetz gift card.

