

## Villas - October 2022 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p style="font-size: 2em; margin: 0;">BREAST CANCER</p> <p style="font-size: 0.8em; margin: 0; color: #e91e63;">AWARENESS MONTH</p> </div> </div>						<p>1</p>
<p>Christine Vacanti, Director: 814-849-4131</p>			<p>10am Soup Delivery</p>		<p>7 <b>World Smile Day</b></p> <div style="display: flex; justify-content: space-around;"> </div> <p>2pm Fall Craft w/ My Garden refreshments available Small pumpkins/Gourds Available for purchase</p>	<p>8 1pm Chair Yoga with Caleb Dobson (MPR)</p>
<p>2</p> <p>Happy Birthday Ken H!</p>						
<p>9</p>	<p>10</p>	<p>11</p>	<p>12</p>	<p>13 3:45pm Happy Hour</p> <p>The Bistro</p>	<p>14</p>	<p>15</p>
<p>16</p>	<p>17 12pm Nat'l Pasta Day The Bistro</p>	<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>22 1pm Chair Yoga with Caleb Dobson (MPR)</p>
<p>23</p>	<p>24</p>	<p>25 10am Soup Delivery</p>	<p>26 12pm Nat'l Chicken Fried Steak Day</p>	<p>27</p>	<p>28</p>	<p>29</p>
<p>30 <b>Daylight Savings</b></p>	<p>31 <b>Halloween</b></p>					

## National Cherry Popover Month

September 8th was National Cherry Popover Month. Dennis Snyder from The Bistro Restaurant prepared delicious popovers for the Villa residents to enjoy.



### October

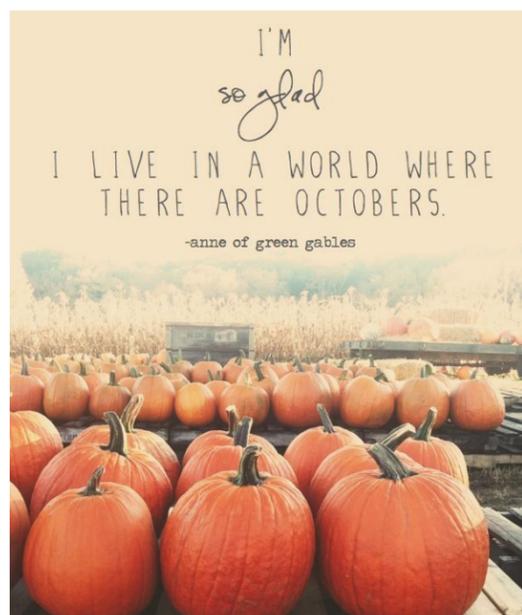
by John B. Tabb

Now come the rosy dogwoods,  
The golden tulip-tree,  
And the scarlet yellow maple,  
To make a day for me.

The ash-trees on the ridges,  
The alders in the swamp,  
Put on their red and purple  
To join the autumn pomp.

The woodbine hangs her crimson  
Along the pasture wall,  
And all the bannered sumacs  
Have heard the frosty call.

Who then so dead to valor  
As not to raise a cheer,  
When all the woods are marching  
In triumph of the year?



## History of Halloween

Most historians believe that Halloween originated as the Celtic festival of Samhain. The Celts, who celebrated their new year on November 1st, believed that the worlds between the living and the dead became blurred on the night before the new year. Subsequently, on October 31st, they celebrated Samhain by lighting bonfires, burning sacrifices to Celtic deities, dressing in costumes of animal skins/heads, and attempting to tell one another's fortunes.

When Christianity spread throughout the Celtic lands, church celebrations began to blend with and replace many Celtic traditions. Pope Gregory III moved the celebration of All Saints' Day (formerly commemorated on May 13th to honor Christian martyrs) to the 1st of November. Soon the church instituted the November 2nd celebration of All Souls' Day, a day to honor the dead. Local residents celebrated All Souls' Day in a manner similar to the traditional Samhain celebration (bonfires, parades, dressing up in costumes, etc.). Many historians believe that All Souls' Day was the church's effort to replace the Celtic festival of the dead with a related, but church-endorsed holiday. All Saints' Day was referred to as All-hallows or All-hallowmas, so the night before it (the traditional night of Samhain) became known as All-hallows Eve. Today we know All-hallows Eve by the name of Halloween.

Halloween became popular in the U.S. when new immigrants flooded the nation during the second half of the nineteenth century. Over the years, Halloween activities have included telling ghost stories, eating seasonal foods, making mischief, and trick-or-treating. Halloween has grown in popularity and is now regarded by most as a secular, community-based holiday.



## Villas at Water Run

OCTOBER 2022

### German Noodle Bake

#### Ingredients

1 cup all-purpose flour  
1/2 teaspoon salt  
2 large eggs, lightly beaten  
2 quarts water

#### Cheese sauce:

3 tablespoons butter  
3 tablespoons all-purpose flour  
1/2 teaspoon salt  
1/2 teaspoon paprika  
1-1/2 cups whole milk  
8 ounces Swiss cheese, diced  
2 large eggs, well beaten



#### Directions

-In a small bowl, combine flour and salt. Make a well in the center; add eggs. Stir together, forming a dough.

-Turn the dough onto a floured surface; knead for 5-6 minutes. Divide the dough in half. Roll each portion into a 12x9-in. rectangle. Dust both sides of dough with flour; roll up, jelly-roll style. Cut into 1/4-in. slices. Unroll noodles on paper towels; let dry for up to 2 hours.

-Preheat the oven to 350°. In a Dutch oven, bring water to a rapid boil. Add noodles; cook for 7-9 minutes or until tender.

-Meanwhile, in a small saucepan, melt butter. Stir in flour, salt, and paprika until smooth; gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from heat; stir in cheese until melted. Stir in eggs.

-Drain noodles; transfer to a greased 11x7-in. baking dish. Top with cheese sauce. Cover and bake for 20 minutes. Uncover; bake 10-15 minutes longer or until bubbly.

### 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.

