

TIMELESS

AN EDITORIAL BY THE HERITAGE TOMBALL

OCTOBER 2024



Nothing says fall like a trip to the State Fair! Take a ride on the Sagora Ferris Wheel and see what our communities are doing to win big!





Stanley Hotel: top photo, Camp NoBeBoSco: bottom left, Exorcist Steps and House: bottom right

Hit Up the Haunted Places

If there is one thing people can't seem to get enough of in the fall, it's spooktacular opportunities. We're talking ghouls, gore, haunted hills. The spooky. The eerie. The dark. The dreary. The creepy. The just plain inexplicable. And, as such, people are drawn to things dubbed paranormal, especially this time of year. Many houses, structures, and buildings have had allegations surface regarding their spook factor. Some property owners deny it, while others embrace the notion. Check out the following list of American haunts. Have you visited any of them? If not, it's worth considering if you'd like to up your fear-factor game.

- Stanley Hotel: Located in Estes Park, Colorado, this hotel served as the inspiration for "The Shining," a Stephen King classic psychological thriller. It's in operation, and there's even a tour dedicated to "The Shining."
- Camp NoBeBoSco: This 380-acre Boy Scout camp is also the fictitious Camp Crystal Lake, the site of the famous "Friday the 13th" horror films. This is located in Hardwick Township; New Jersey and the camp has remained in operation for decades.
- Washington, D.C.'s Exorcist Steps and House: Off the beaten path, this Georgetown location is one highlighted in "The Exorcist," 1973's cult classic that had even the most seasoned horror film buffs shaking in their boots. The stairwell is featured in the film as the place where the exorcist plummets to his death. The home where the demonic magic occurs in "The Exorcist" is just down the street.

Corn in the Fall: It's A-maze-ing

It's autumn. The craze of the corn maze is a real thing. It rivals pumpkin patches in popularity, but how? When did traipsing through a corn maze become a fall staple activity? Mazes are labyrinths, and they've been prevalent for hundreds of years in Roman, Egyptian, and Greek cultures, among others. They've always had appeal in both real life and in mythology.

But that isn't exactly why corn mazes became so intriguing in America. In the 1990s, Pennsylvania became home to a large-scale corn maze. It was an attraction like no other that garnered massive amounts of attention, not just agriculturally. As such, it was no time at all before other corn mazes started popping up throughout the U.S. Visiting one quickly became a family-friendly activity.

Corn mazes are more than just a fall delight, though. They're used as an educational tool in the study of geography, primarily in elementary and secondary school. Humans navigate their way through the tall stalks of corn in the flesh, searching for the best route to get them where they need to go. This is not at all dissimilar from navigating a maze drawn on paper or determining how to make one's way through a city center in a place they've never visited. All of the above requires a map of some kind (mental or physical or both). When it comes to studying geography, a corn maze, when treated as a map, can be a great resource that helps students explore scales, topography, land use, crop growth, and more. It's not simply used for amusement.

There's so much more to a maze than meets the eye.



Having Fun at the STATE FAIR

With fall comes some of the most amazing and engaging opportunities you'll find all year. Can anyone say, "state fair?" Yep, that's right! Sifting through the list of fall festivals, you'll find the prized gem, the state fair, which brings us to this month's Sagora theme.

All 50 states do, in fact, have state fairs. They don't all land in October, though, despite the climate comfort and display of beautiful colors spanning the US this time of year. Arkansas, Louisiana, Mississippi, North Carolina, and South Carolina are among the Southern states known to have some of the finest state fairs in October.

Do you have a favorite fair memory over the course of your lifetime? What about your first time (and possibly last) on the hinky red and white rollercoaster? The multicolored cotton candy and the stickiness it left on your fingers? When you took your children or grandchildren to see the biggest stuffed bear imaginable? The fair is filled with fond memories! It's the perfect time to make some new ones.

Consider seeking out or creating a new fair experience this October. Maybe you strike up a family fair-style event at home, dare your neighbors to a pumpkin-carving or pie-eating contest. Better yet, deep fry a cookie, wrap it in bacon, and serve it on a toaster strudel. Maybe offer it to a friend ... maybe not. No matter what, evoke some of the magic of childhood and have a fun fall experience for the memory books! You deserve it!



October 2024

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:00 Shape UP w/ John (AR) 1 10:00 Kings in the Corner (GR & TV) 10:30 30- Min Walking Club (LOB) 1:00 Tea Hour: Pumpkin Spice (TV Lounge) 1:30 Painting w/ Peggy (GR) 2:00 Wii Games - Bowling (TV Lounge) 3:00 42 Dominoes (GR) 5:00 Rummikub w/friends (TV Lounge)	9:00 Shape UP w/ John (AR) 2 10:00 Kings in the Corner (GR & TV) 10:30 Name that Tune Trivia (1st Floor TV Lounge) 11:00 Lifestyle Planning Meet (TV Lounge) 1:30 Bingo (GR) 3:00 42 Dominoes (GR) 3:00 Corn Hole w/ Kevin (TV Lounge)	9:00 Shape UP w/ John (AR) 3 10:00 Kings in the Corner (GR & TV) 10:30 30- Min Walking Club (LOB) 11:00 New Resident Orientation 1:00 Movie Hr. (T) 2:00 Mexican Train (TV Lounge) 3:00 42 Dominoes (GR) 3:00 Watercolor Creations (TV Lounge) 5:00 Rummikub w/friends (TV Lounge)	9:00 Shape UP w/ John (AR) 4 9:30 Trivia Hour W/ Kevin (1st Floor TV Lounge) 10:00 Kings in the Corner (GR & TV) 10:00 Catholic Communion (CH) 10:30 30- Min Walking Club (LOB) 10:30 Rummikub w/ friends (1st floor Tv Lounge) 2:30 Happy Hour with Ray Victor (DR)	9:00 Shape UP w/ John (AR) 5 10:00 Kings in the Corner (GR) 1:30 Bingo (GR) 3:00 42 Dominoes (GR)
9:30 Spring Creek Church Services (AR) 6 9:30 Hymns Music Sing Along Therapy (AL-AR) 2:00 Puzzles (PR) 3:00 42 Dominoes (GR) 6:00 Sunday Night Football	9:00 Shape UP w/ John (AR) 7 9:30 Shopping Outing - Walmart (LOB) 10:00 Kings in the Corner (GR & TV) 1:30 Bingo (GR) 3:00 42 Dominoes (GR) 3:00 Rummikub w/ friends (TV Lounge) 3:15 Popcorn & Trivia Social (LOB) 4:00 Left, Right & Center (1st Floor TV Lounge) 6:00 Monday Night Football	9:00 Shape UP w/ John (AR) 8 9:30 Bible Study w/Richard (AL- AR) 10:00 Kings in the Corner (GR & TV) 10:30 30- Min Walking Club (LOB) 1:00 Tea Hour: Pumpkin Spice (TV Lounge) 1:00 Tea Hour: Maple Apple Cider (TV Lounge) 2:00 Wii Games - Bowling (TV Lounge) 3:00 42 Dominoes (GR) 5:00 Rummikub w/friends (TV Lounge)	9:00 Shape UP w/ John (AR) 9 10:00 Kings in the Corner (GR & TV) 10:00 Outing: Pumpkin Patch 10:30 Name that Tune Trivia (1st Floor TV Lounge) 1:30 Bingo (GR) 2:30 Wellness Wednesday Talk: Fall Prevention 3:00 42 Dominoes (GR) 3:00 Corn Hole w/ Kevin (TV Lounge)	9:00 Shape UP w/ John (AR) 10 10:00 Kings in the Corner (GR & TV) 10:30 30- Min Walking Club (LOB) 1:00 Movie Hr. (T) 2:00 Mexican Train (TV Lounge) 3:00 42 Dominoes (GR) 3:00 Watercolor Creations (TV Lounge) 5:00 Rummikub w/friends (TV Lounge)	9:00 Shape UP w/ John (AR) 11 9:30 Trivia Hour W/ Kevin (1st Floor TV Lounge) 10:00 Kings in the Corner (GR & TV) 10:00 Catholic Communion (CH) 10:30 30- Min Walking Club (LOB) 10:30 Rummikub w/ friends (1st floor Tv Lounge) 2:30 Happy Hour (DR)	9:00 Shape UP w/ John (AR) 12 10:00 Kings in the Corner (GR) 10:50 Brunch Outing - First Watch (LOB) 1:30 Bingo (GR) 3:00 42 Dominoes (GR)
9:30 Spring Creek Church Services (AR) 13 9:30 Hymns Music Sing Along Therapy (AL-AR) 2:00 Puzzles (PR) 3:00 42 Dominoes (GR) 6:00 Sunday Night Football	9:00 Shape UP w/ John (AR) 14 9:30 Shopping: Spirit Halloween 10:00 Kings in the Corner (GR & TV) 1:30 Bingo (GR) 3:00 42 Dominoes (GR) 3:00 Rummikub w/ friends (TV Lounge) 3:15 Sail into History Trivia Social 4:00 Left, Right & Center (1st Floor TV Lounge) 6:00 Monday Night Football	9:00 Shape UP w/ John (AR) 15 10:00 Kings in the Corner (GR & TV) 10:30 30- Min Walking Club (LOB) 1:00 Tea Hour: Cinnamon Vanilla (TV Lounge) 1:30 Painting w/ Peggy (GR) 2:00 Grief Support Group (AL-AR) 3:00 42 Dominoes (GR) 5:00 Rummikub w/friends (TV Lounge) 6:00 Dementia Support Group - Navigating the Maze (AL-AR)	9:00 Shape UP w/ John (AR) 16 10:00 Kings in the Corner (GR & TV) 10:30 Name that Tune Trivia (1st Floor TV Lounge) 1:30 Bingo (GR) 3:00 Corn Hole w/ Kevin (TV Lounge) 3:00 Cooking Demo Chef: Funnel Cakes	9:00 Shape UP w/ John (AR) 17 10:00 Kings in the Corner (GR & TV) 10:30 Resident Council (LIB) 10:30 30- Min Walking Club (LOB) 1:00 Movie Hr. (T) 2:00 Mexican Train (TV Lounge) 3:00 42 Dominoes (GR) 3:00 Watercolor Creations (TV Lounge) 5:00 Rummikub w/friends (TV Lounge)	9:00 Shape UP w/ John (AR) 18 9:30 Trivia Hour W/ Kevin (1st Floor TV Lounge) 10:00 Kings in the Corner (GR & TV) 10:00 Catholic Communion (CH) 10:30 30- Min Walking Club (LOB) 10:30 Rummikub w/ friends (1st floor Tv Lounge) 2:30 Happy Hour (DR)	9:00 Shape UP w/ John (AR) 19 10:00 Kings in the Corner (GR) 1:30 Bingo (GR) 3:00 42 Dominoes (GR)
9:30 Spring Creek Church Services (AR) 20 9:30 Hymns Music Sing Along Therapy (AL-AR) 2:00 Puzzles (PR) 3:00 42 Dominoes (GR) 6:00 Sunday Night Football	9:00 Shape UP w/ John (AR) 21 9:30 Shopping: Target & Dollar Tree (LOB) 10:00 Kings in the Corner (GR & TV) 1:30 Bingo (GR) 3:00 42 Dominoes (GR) 3:00 Rummikub w/ friends (TV Lounge) 3:15 Popcorn & Trivia Social (LOB) 4:00 Left, Right & Center (1st Floor TV Lounge) 6:00 Monday Night Football	9:00 Shape UP w/ John (AR) 22 9:30 Bible Study w/Richard (AL- AR) 10:00 Kings in the Corner (GR & TV) 10:30 30- Min Walking Club (LOB) 1:00 Tea Hour: Pumpkin Spice (TV Lounge) 1:00 Tea Hour: Pumpkin Spice 2:00 Wii Games - Bowling (TV Lounge) 3:00 42 Dominoes (GR) 5:00 Rummikub w/friends (TV Lounge)	9:00 Shape UP w/ John (AR) 23 10:00 Kings in the Corner (GR & TV) 10:30 Name that Tune Trivia (1st Floor TV Lounge) 1:30 Bingo (GR) 2:30 Outing: Movie Theater 3:00 42 Dominoes (GR) 3:00 Corn Hole w/ Kevin (TV Lounge)	9:00 Shape UP w/ John (AR) 24 10:00 Kings in the Corner (GR & TV) 10:30 30- Min Walking Club (LOB) 1:00 Movie Hr. (T) 2:00 Mexican Train (TV Lounge) 3:00 42 Dominoes (GR) 3:00 Campfire S'mores and Songs 5:00 Rummikub w/friends (TV Lounge)	9:00 Shape UP w/ John (AR) 25 9:30 Trivia Hour W/ Kevin (1st Floor TV Lounge) 10:00 Kings in the Corner (GR & TV) 10:00 Catholic Communion (CH) 10:30 30- Min Walking Club (LOB) 10:30 Rummikub w/ friends (1st floor Tv Lounge) 2:30 Happy Hour (DR) 2:30 Birthday Celebration - Happy Hour (DR)	9:00 Shape UP w/ John (AR) 26 10:00 Kings in the Corner (GR) 1:30 Bingo (GR) 3:00 42 Dominoes (GR)
9:30 Spring Creek Church Services (AR) 27 9:30 Hymns Music Sing Along Therapy (AL-AR) 2:00 Puzzles (PR) 3:00 42 Dominoes (GR) 6:00 Sunday Night Football	Spirit Week: Crazy Sock 28 9:00 Shape UP w/ John (AR) 9:30 Shopping: Big Lots 10:00 Kings in the Corner (GR & TV) 1:30 Bingo (GR) 3:00 42 Dominoes (GR) 3:15 Popcorn & Trivia Social (LOB) 4:00 Tech Support (AL-AR) 4:00 Left, Right & Center (1st Floor TV Lounge) 6:00 Monday Night Football	Spirit Week: Retro Day 29 9:00 Shape UP w/ John (AR) 10:00 Kings in the Corner (GR & TV) 10:30 30- Min Walking Club (LOB) 1:00 Tea Hour: Pumpkin Spice (TV Lounge) 1:30 Painting w/ Peggy (GR) 2:00 Wii Games - Bowling (TV Lounge) 3:00 42 Dominoes (GR) 5:00 Rummikub w/friends (TV Lounge)	Spirit Week: Jersey Day 30 9:00 Shape UP w/ John (AR) 10:00 Kings in the Corner (GR & TV) 10:30 Name that Tune Trivia (1st Floor TV Lounge) 1:30 Bingo (GR) 3:00 42 Dominoes (GR) 3:00 Corn Hole w/ Kevin (TV Lounge)	Halloween 31 9:00 Shape UP w/ John (AR) 10:00 Kings in the Corner (GR & TV) 10:30 Town Hall (AL-AR) 10:30 30- Min Walking Club (LOB) 1:00 Movie Hr. (T) 2:00 Veterans Hour! (LOB) 2:00 Mexican Train (TV Lounge) 3:00 Boo Bash 3:15 Costume Contest 5:00 Rummikub w/friends (TV Lounge)	 <div style="border: 1px solid black; padding: 5px;"> KEY Activity Room.....AR Billiards Room.....BR Chapel.....CH Courtyard.....CY Dining Room.....DR Game Room.....GR Library.....LIB Lobby.....LOB Puzzle Room.....PR Theater.....T TV Room.....TV </div>	

For All the Cat Daddies

For the cat lovers among us, October 29 isn't like every other day. This particular day is one of recognition, one designed to celebrate the furry felines in our lives. National Cat Day is a holiday observed in America on October 29 annually since 2005, but Canadians have also taken a shining to the holiday, celebrating it on Aug. 8.

National Cat Day highlights awareness about cat rescues. Cats and dogs need our love and protection and adopting them is paramount to their quality of life. There are well over 60 breeds of cats among us, so there is bound to be at least one type that fits your personality. After all, they feed off us just as much as dogs do. They're intuitive and emotional, albeit aloof, but also keenly aware of our state of mind. Also:

- They don't get cavities.
- Their taste buds don't pick up sweet tastes.
- Their whiskers are super-sensitive (Think human fingertips).
- They have excellent night vision and are nearsighted in the daylight.
- 20 different muscles control their ears.
- Cats sleep roughly 70 percent of their lives but often get the "zoomies" after using the litterbox.
- Cat owners may have a reduced risk of heart attack and stroke, like a one-third lower chance.

Cat owners, take this special day to dote on your cat. This animal has evolved over thousands of years from the wild to be domesticated and fit the human habitat. That's something to be recognized and praised. Cats share their unconditional love and desire for companionship and will protect their owners at any cost. For those of you in the market for a low-maintenance pet, consider visiting your local animal shelter or cat rescue. It might be time to help save a creature from the animal kingdom.

Ten Days of TESHUVAH

Those of the Jewish faith adhere to the Hebrew calendar when it comes to holiday observances. Among those occasions of great significance are Rosh Hashanah, the celebration of the Jewish New Year, and Yom Kippur, the day of atonement. Jewish holidays begin at sundown on the night before. If you look at the Gregorian calendar, Rosh Hashanah falls on October 2-4, and Yom Kippur on October 11-12.

Rosh Hashanah begins the period known as the High Holy Days and falls on the first day of the seventh month, Tishrei, on the Hebrew calendar. The following ten days have a few proper names, which include the Days of Repentance and the Days of Awe. Yom Kippur ends this 10-day period of prayer and reflection.

During the High Holy Days, one will encounter and engage with a number of deeply spiritual experiences and observances filled with numerous prayer practices, religious services, and community gatherings, each of which is designed to inspire and ignite a sense of renewal and change. This exceptional holiday period is beyond meaningful in terms of returning to the essence of humanity at its core. Forgiveness, *teshuvah*, plays a large role in that return. People are called to look within, be honest with themselves, hold themselves accountable and responsible, and, as such, reconcile and commit to change and healing in the world.



This holiday period is moving and beautiful, filled with healing and love, embodying the potential each human holds in the world.



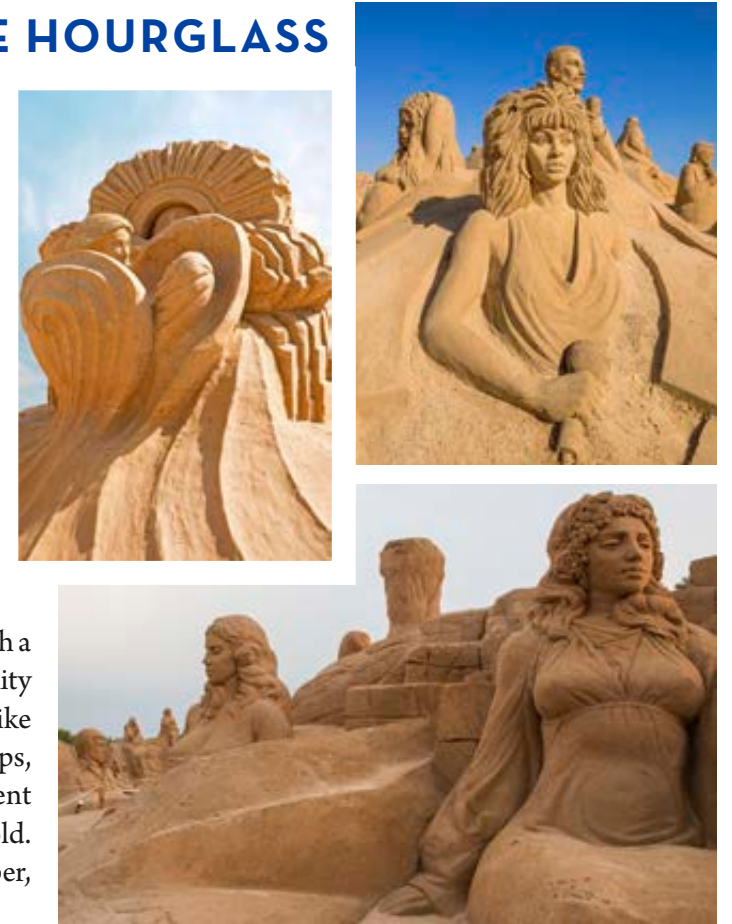
UNLIKE SANDS THROUGH THE HOURGLASS

The Festival Internacional de Escultura em Areia (FIESA), or International Sand Sculpture Festival in Portugal, is an event that often falls under the radar. It's only been around since 2003, but it's definitely something that surpasses intriguing, garnering attention and participation far and wide.

For the past 20 years, more than 60 artists have contributed to the beauty on display at the event location known as Sand City. There have been more than 120 pieces of art formed from sand in the space spanning 50,000 meters, which has earned itself the title of world's largest exhibition of sand sculptures. It's located between Lagoa and Porches in Portugal.

More than 65,000 tons of sand are used to form the massive displays of art, some reaching heights of more than 12 meters, crafted with extremely intricate detail. It's pretty amazing. Such a spectacle definitely makes you see sand through a completely different lens. While there, you'll have the opportunity to create sand art of your own, giving you a taste of what it's like to engage in the craft. Plus, there are a number of workshops, activities for children, and more. Each year, there's a different theme to the exhibition, so who knows what FIESA might hold.

Sand City is open to visitors from March through October, taking a break in winter.



HALLOWEEN: The Scary and the Not-So-Scary

Halloween is one of America's most popular and commercialized holidays. Americans spent roughly 10.6 billion dollars in preparation for Halloween, including the décor, eye-catching costumes, and let's not forget, the candy. This number has only continued to rise over the years. This special holiday appeals to children and adults alike, as people of all ages enjoy the opportunity to dress up and ask for treats, carve pumpkins, and visit haunted houses. Many families take this opportunity to really jump into the concept of "family unit," donning matching costumes that reflect a common thread (think "Brady Bunch" or "Star Wars" cast). There's a nice sense of togetherness to be had this holiday.



That might be surprising, sure. What about the list below? See any other info on October 31 that's surprising? Whether you love or hate the holiday, there's plenty of Halloween history worth exploring!

- The origins of Halloween stem from Irish culture and a celebration known as Samhain. Samhain was thought of as a time of year when spirits could noticeably travel between worlds. In fact, many Irishmen, Celts, in particular, wore masks and other garb to disguise themselves from the exceptionally evil spirits, causing costumes to come into play.
- Some European cultures found that Halloween could be a romantic holiday. Unwed men and women often believed they would encounter their soulmates while bobbing for apples.
- Turnips, not pumpkins, were originally carved as Jack-O-Lanterns in Europe. Apparently, there was not a surplus of turnips in America in the 1800s, so Americans quickly found an adequate replacement for the Jack-O-Lantern: pumpkins.
- According to Guinness World Records, the New Hampshire city of Keene holds the record for most Jack-O-Lanterns lit at the same time.

OCTOBER 2024

Dates to Celebrate

Rosh Hashanah.....	10/2-4	Indigenous Peoples Day.....	10/14
World Smile Day	10/4	Full Hunter's Moon	10/17
Physician Assistant Day	10/6	Healthcare Quality Week	10/20-26
Yom Kippur	10/11	National Medical Assistants' Day	10/23
Columbus Day.....	10/14	Halloween.....	10/31

Birthstone: Opal | **Flower:** Marigold | **Zodiac:** Libra & Scorpio





Happy Birthday Make A Wish!

Bettye A.....10/3	Nancy B..... 10/20
Howard S10/4	Clydene T..... 10/22
Pedro M10/4	Orville G..... 10/25
Alejandro C.....10/9	Mary Lou T..... 10/26
Janet W..... 10/12	George A..... 10/27
Richard M 10/16	Della S..... 10/29
Hattle S..... 10/20	

AUTUMN FUN

- APPLES
- BONFIRE
- CARNIVAL
- CIDER
- CONTEST
- CORNMAZE
- CRAFTS
- FESTIVITIES
- FOLIAGE
- HARVEST
- HAYRIDES
- LIVESTOCK
- MUSIC
- PUMPKINS
- SCARECROWS

M	F	E	S	T	I	V	I	T	I	E	S	P	U	M	P	K	C	C	T	N
H	U	C	I	D	E	R	P	S	C	L	I	V	E	S	T	A	C	K	R	K
I	A	S	A	S	B	O	N	F	I	S	A	H	H	C	U	O	C	C	B	E
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R	A	H	V	I	L	A	U	S	T	R	P	Y	P	R	O	E	R	F	N	P
C	C	A	A	E	C	E	R	M	W	F	L	R	U	E	L	S	N	I	F	H
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S	B	A	A	T	L	F	C	O	D	A	R	C	M	U	S	I	C	O	Z	R
A	T	S	I	V	S	A	I	U	Z	R	N	U	I	A	M	C	C	G	E	I