

# Villa St. Benedict Benedale Center Grapevine

October  
2020

*Happy Birthday and  
Best Wishes!*

*10/25 - Marilyn Hogan*

**All Are Welcome!**

*Entertainer Heather B. will  
celebrate our October birthdays with  
a special virtual program:*

Mitch Miller Sing-a-long Songs  
Tuesday, October 27th  
2:00pm in the Great Room

## Chef's Show & Taste Lunch\*\*

Join Chef Chris Moore in learning  
how to make a special recipe and  
taste the creation.

Benedale residents only!

October 13th

12:30pm in the VC Dining Room

Sign up at the Concierge Desk

## **All Campus Rosary**

Wednesday, October 7

3:00pm

Benedale Residents Pray  
at the Grotto

*Other VSB Resident will be praying  
the Rosary at the same time but in  
different locations on campus.*



## **Resident Association Meeting\*\***

Monday, September 21

At 10:00 am and 10:45am in the  
Benedale Dining Room

All Residents are welcome  
and encouraged to attend.

\*\*Sign up at the concierge desk

## **VSB 2nd Annual Poker Walk**

Thursday, October 8th

1:30pm—2:30pm

Meet at the 1st Floor Porch

This novel activity involves walking a path  
on our campus and collecting 5 sealed  
envelopes from staff who will be sta-  
tioned at benches along the path. PEC,  
staff LES staff, and volunteers will be  
available to walk with you.

Bring your 5 sealed envelopes to the First  
Floor Porch, where they will be unsealed  
to determine your poker hand. Residents  
with the top hands will receive a prize!

## **October Virtual Lectures!**

10/1 @ 1pm *Tea for Three: Lady Bird, Pat,*

*& Betty, Leslie Goddard*

10/15 @ 1pm *Mary Shelley, Love and*

*Frankenstein, Megan Wells*

10/22 @ 1pm *The Great Chicago Fire, John*

*Boda*

10/23 @ 2pm *Faces of Masks, Carol Hockett*



## **October Is a Hoot**

In October, the black of night is deep and dark. Chill winds blow away the veil of clouds shrouding the crescent moon so that it casts faint shadows in the forest. A deep hoot echoes, sending a shiver down your spine. October is considered Owl Month for good reason. This is the time of year that many great horned owls are active. They begin to set up territory and look for a mate. Hooting, screeching, and other vocalizations are integral to these rituals. For this reason, October is sometimes called the hooting season.

For millennia, humankind has shared myths that depict owls as emissaries of doom, death, and evil magic. The ancient Greeks and Romans believed that witches could transform themselves into owls. The Hopis of North America believe that burrowing owls, which nest and roost underground, are associated with Maasaw, the god of the dead and the night. During the Gaelic festival of Samhain, which takes place on the night of October 31, the barrier between the living and the dead thins so that the spirits of deceased relatives can find their way home. Owls, it was believed, could snatch those wandering souls and eat them. Is it any wonder then that owls, with their midnight hooting and hunting on silent wings, are associated with Halloween? As creatures of the night, they are the perfect symbols for a festival that reveres all things spooky.

Not all cultures have feared the owl. The Greek goddess Athena, fed up with the trickster crow, adopted the owl as her companion animal thanks to its perceived wisdom and seriousness. Some Australian aboriginal groups believe that owls are the sacred spirits of women and are revered. In Afghanistan, it is said that the owl brought humans the gifts of flint and iron, tools to make fire. In return, humans gave owls their feathers. Owls are unique amongst birds. Their unusual characteristics—nocturnal nature, hooting calls, large eyes, and their uncanny ability to rotate their necks—all have captured our imaginations and, in many ways, let our fears get the better of us. Thankfully, most cultures have learned to share these myths while preserving the species, ensuring the survival of these magnificent animals for generations to come.

## **Celebrating October**

**All Campus Rosary**

*October 7*

**Poker Run**

*October 8*

**Columbus Day**

*October 12*

**Chef Show and Taste\***

*October 13*

**Resident Association Meeting\***

*October 19*

**October Birthday Celebration**

*October 27*

**Sr. Mary's Four Corners  
Presentation**

*October 29*

**Halloween**

*October 31*

# Benedale Center - October 2020



Villa St. Benedict  
 Benedale Center for Assisted Living  
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b><u>Daily Meal Schedule</u></b>  <b>Breakfast</b> ~ 7:00-10:00am  <b>Lunch</b> ~ 12:00-1:30pm  <b>Dinner</b> ~ 4:30-6:00pm</p>	<p><b><u>Chapel Schedule</u></b>  <b>Mass: 3rd Floor Balcony or on Channel 1901</b>                      Sunday: 10:00am                      Monday-Saturday: 11:30am  <b>Rosary</b> Daily: 4:10pm</p>	<p><b><u>Monday-Friday</u></b>  <b>Seniorcise</b> 9:30am  <b>News &amp; Coffee</b> 10:00am</p>	<p>When you see a *                      It means  <b>Limited Space Available</b>  <b>Sign up at the Concierge Desk</b></p>	<p>9:30 Seniorcise                      10:00 News &amp; Coffee                      1:00 <b>Virtual Presentation: "Tea for Three: Lady Bird, Pat &amp; Betty"</b>                      2:15 <b>Book Club: Little House on the Prairie</b></p>	<p>9:30 Seniorcise                      10:00 News &amp; Coffee                      2:00 <b>Fall Mum Planting</b>                      3:00 Sips, Songs &amp; Snacks</p>	<p>10:00 <b>Saturday Morning Stretch</b>                      10:30 Coffee Klutch &amp; Good News                      1:30 <b>Bingo</b>                      3:30 <b>October IQ Puzzles</b></p>
<p>10:00 <b>Mass</b>                      1:30 <b>Sunday at the Movies: A Miracle Season</b>                      6:00 Social Hour &amp; 60 Minutes</p>	<p>9:30 Seniorcise                      10:00 News &amp; Coffee                      1:15 Walking Group                      2:15 <b>Book Club: Little House on the Prairie</b></p>	<p>9:30 Seniorcise                      10:00 News &amp; Coffee                      2:00 <b>Pumpkin Decorating</b>                      6:30 Wheel of Fortune</p>	<p>9:30 Seniorcise                      10:00 News &amp; Coffee                      3:00 <b>Rosary at the Grotto Feast of the Holy Rosary</b>                      3:30 Appetizers &amp; Trivia</p>	<p>9:30 Seniorcise                      10:00 News &amp; Coffee                      1:30 <b>Poker Walk</b>                      2:15 <b>Book Club: Little House on the Prairie</b></p>	<p>9:30 Seniorcise                      10:00 News &amp; Coffee                      2:00 <b>Humor Your Stress Day</b>                      3:00 Sips, Songs &amp; Snacks</p>	<p>10:00 <b>Core Strengthening Class</b>                      10:30 Coffee Klutch &amp; Good News                      1:30 <b>Bingo</b>                      3:30 <b>Matching Puzzles</b></p>
<p>10:00 <b>Mass</b>                      1:30 <b>Sunday at the Movies: Peanut Butter Falcon</b>                      6:00 Social Hour &amp; 60 Minutes</p>	<p>9:30 Seniorcise                      10:00 News &amp; Coffee                      1:15 Walking Group                      2:15 <b>Book Club: Little House on the Prairie</b></p>	<p>9:30 Seniorcise                      10:00 News &amp; Coffee                      12:30 <b>Chef Show and Taste Lunch</b>                      2:00 <b>Fall Farm House Door Hanger</b>                      6:30 Wheel of Fortune</p>	<p>9:30 Seniorcise                      10:00 News &amp; Coffee                      2:00 <b>Games Galore: Kings Corner</b>                      3:30 Appetizers &amp; Trivia                      6:00 Wednesday Wingding</p>	<p>9:30 Seniorcise                      10:00 News &amp; Coffee                      1:00 <b>Virtual Presentation: Mary Shelly's Love &amp; Frankenstein</b>                      2:15 <b>Book Club: Little House on the Prairie</b></p>	<p>9:30 Seniorcise                      10:00 News &amp; Coffee                      2:00 <b>Drumming with Alex video: Elvis</b>                      3:00 Sips, Songs &amp; Snacks</p>	<p>10:00 <b>Saturday Morning Stretch</b>                      10:30 Coffee Klutch &amp; Good News                      1:30 <b>Bingo</b>                      3:30 <b>Crossword Puzzles</b></p>
<p>10:00 <b>Mass</b>                      1:30 <b>Sunday at the Movies: Temple Grandin</b>                      6:00 Social Hour &amp; 60 Minutes</p>	<p>9:30 Seniorcise                      10:00 <b>Resident Association Meeting</b>                      10:45 <b>Resident Association Meeting</b>                      1:15 Walking Group                      2:15 <b>Book Club: Little House</b></p>	<p>9:30 Seniorcise                      10:00 News &amp; Coffee                      2:00 <b>Making Spooky Treat Bags</b>                      6:30 Wheel of Fortune</p>	<p>9:30 Seniorcise                      10:00 News &amp; Coffee                      2:00 <b>Games Galore: Bunco</b>                      3:30 Appetizers &amp; Trivia</p>	<p>9:30 Seniorcise                      10:00 News &amp; Coffee                      2:00 <b>Virtual Presentation: John Boda presents "The Great Chicago Fire"</b>                      2:15 <b>Book Club: Little House on the Prairie</b></p>	<p>9:30 Seniorcise                      10:00 News &amp; Coffee                      2:00 <b>Virtual Art Lecture: Faces of Masks</b> by Carol Hockett                      3:00 Sips, Songs &amp; Snacks</p>	<p>10:00 <b>Chair Chi</b>                      10:30 Coffee Klutch &amp; Good News                      1:30 <b>Bingo</b>                      3:30 <b>Look-a-like Puzzles</b></p>
<p><i>Happy Birthday Marilyn</i>                      10:00 <b>Mass</b>                      1:30 <b>Sunday at the Movies: The Mountain Between Us</b>                      6:00 Social Hour &amp; 60 Minutes</p>	<p>9:30 Seniorcise                      10:00 News &amp; Coffee                      1:15 Walking Group                      2:15 <b>Book Club: Little House on the Prairie</b></p>	<p>9:30 Seniorcise                      10:00 News &amp; Coffee                      2:00 <b>Happy October Birthday Party: Heather B - Mitch Miller Virtual Entertainment</b>                      6:30 Wheel of Fortune</p>	<p>9:30 Seniorcise                      10:00 News &amp; Coffee                      2:00 <b>Games Galore: LRC</b>                      3:30 Appetizers &amp; Trivia                      6:00 Wednesday Wingding</p>	<p>9:30 Seniorcise                      10:00 News &amp; Coffee                      1:00 <b>Sr. Mary presents "The Four Corners"</b>                      2:15 <b>Book Club: Little House on the Prairie</b></p>	<p>9:30 Seniorcise                      10:00 News &amp; Coffee                      2:00pm <b>Happy Halloween Movie "Ghost Busters" &amp; Treats</b></p>	<p><b>Halloween</b>                      10:00 <b>Virtual Halloween Music Recital</b>                      1:30 <b>Bingo</b>                      3:30 <b>Halloween Puzzles</b></p>