



IN A MANOR OF SPEAKING

News & Views of Activities at Christian Care Manors

In a Manor of Speaking



Anyone may view this newsletter by scanning the QR code above.

Manors' Addresses:

M-I:11830 N. 19th Avenue

M-II:11802 N. 19th Avenue

M-III:1944 W. Sunnyside Avenue
(plus Apartment #), Phoenix, AZ 85029

~~~~~

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Bonnie Brown, Apartment Manager

(602) 861-3970 (Hours: 9-5) ~ M-I Office

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SECURITY/INFORMATION

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(602) 424-9432

## October 2025



### October Pleasures

"There is no season when such pleasant and sunny spots may be lighted on, and produce so pleasant an effect on the feelings, as now in October."

—Nathaniel Hawthorne

### Wild World: Monarchs

Monarch butterflies may only live a few months, but in that time, some will make a 3,000-mile journey south to Mexico. They are the only butterflies to migrate such a long distance, and later generations will make the same trip, sometimes returning to the exact tree as their ancestors. Monarch caterpillars eat milkweed almost exclusively, but reduced acreage of the plant—as well as natural disasters in Mexico—are threatening the butterflies' population.

### Goose Bumps

Goose bumps develop on the skin as an involuntary response to cold temperatures or strong emotions such as fear, pleasure or excitement. They are caused by tiny muscles connected to each hair follicle contracting and pulling the hair erect. The same thing happens in other mammals for the same reasons; for example, a cat's fur stands up when it is frightened or angry.



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Smiles By Delivery  
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### **CARDIOLOGIST**

Ponderosa Heart  
(480) 795-1515

### **Curana Health**

(602) 613-5917

### **Rock Out on National Fossil Day**

Have you ever found a rock with the imprint of a leaf, shell or bone on its surface? You probably discovered a fossil! Scientists say it takes 10,000 years for these specimens to form, and are found in locations such as shallow streams and construction sites. The National Park Service celebrates National Fossil Day on the Wednesday of Earth Science Week, the second full week of October.



### **Favorite Fall Flavors**

As the leaves on the trees turn from green to glorious shades of red, orange and yellow, another unmistakable sign of autumn makes an appearance on grocery store shelves and restaurant menus: the flavors of the season. Which of the following is your No. 1 pick?

*Pumpkin spice.* This orange squash has long been a popular fall dessert ingredient, but pumpkin spice—a blend of pumpkin, cinnamon, nutmeg, ginger and allspice—now reigns as the king of fall flavors, ever since Starbucks introduced its pumpkin spice latte in 2003.

*Apple cider.* From a cup of freshly pressed, cold apple cider to a steaming mug of mulled cider, this flavor is one of the most fragrant that fall has to offer. The seasonal beverage is often featured in muffins and other sweets, including apple cider donuts, a favorite at fall festivals.

*Maple.* This rich, dark sap harvested from maple trees is traditionally drizzled on pancakes and waffles and can be used in baked goods or added to coffee, tea or ice cream. Maple's earthy sweetness also pairs well with savory and salty foods such as sausage, bacon, pork chops and nuts.

### **Bobbing for Apples**

Part of the traditional fun at fall festivals and parties, bobbing for apples began as a courting game in Ireland and England centuries ago.

The apple is a longtime symbol of love and romance, and people have used it in various ways to predict future sweethearts. Bobbing for apples was one playful custom. In this game, apples were marked with names of potential suitors, then placed in a barrel of water. As the fruit floated, a young woman would try to catch an apple by biting into it, using only her teeth and not her hands. If she was successful on the first attempt, it was believed the romance was meant to be. Two attempts meant the couple's love would fade and three tries meant the relationship was doomed from the start.

In a variation of the game, bobbing for apples was a race. The winner would be the first to marry. Another tradition said that if a bobber put the apple she had bitten under her pillow, she would dream about her beau-to-be.







### TV's Best Bosses

Boss's Day is Oct. 16. How do these on-screen supervisors compare to the bosses of your past?

Larry Tate, *"Bewitched."* President of the McMann & Tate advertising agency, this TV boss was known for his uncanny ability to charm clients. However, he frequently fell victim to the witchcraft of Samantha Stephens, the wife of his top adman Darrin, whom

Tate usually blamed for the magical mishaps.

Lou Grant, *"The Mary Tyler Moore Show."* He may have hated spunk, but the TV news producer and boss of Mary Richards had a heart of gold underneath his gruff exterior. Ed Asner's Emmy-winning role was so popular that he earned his own spin-off, a drama that ran for five years.

Angela Bower, *"Who's the Boss?"* The single mom and high-powered advertising executive was also boss to her male housekeeper, Tony, an easygoing ex-ballplayer, who was tasked with managing her home life.

### Preserving the Redwoods

Northern California's coast is home to the world's tallest trees, the towering redwoods. To protect these majestic wonders, Redwood National Park was dedicated Oct. 2, 1968.

Author John Steinbeck called the redwoods "ambassadors from another time." They flourished in the region for millions of years until they began to be logged as Americans settled the West in the 1800s. Local efforts to save the redwood groves from being axed started in the early 1900s and led to the creation of three state parks. By the time the federal government purchased the bordering forests to create Redwood National

Park, 90% of the giant trees had been cut down.

Spanning more than 130,000 acres, the park contains prairies, woodlands, rivers and nearly 40 miles of Pacific coastline, but the stunning redwoods are its star attraction. The area's mild temperatures, abundant rainfall and rich soil contribute to the trees' massive heights of 300 feet or more. Many of the redwoods are 500 to 700 years old.



### Wit & Wisdom

"I often think that the night is more alive and more richly colored than the day."  
—Vincent Van Gogh

"A man is a very small thing, and the night is very large and full of wonders."  
—Lord Dunsany

"The night walked down the sky with the moon in her hand."  
—Frederic L. Knowles



"The cloud shadows of midnight possess their own repose."  
—Percy Bysshe Shelley

"The heights by great men reached and kept were not attained by sudden flight, but they, while their companions slept, were toiling upward in the night."  
—Henry Wadsworth Longfellow

"So the darkness shall be the light, and the stillness the dancing."  
—T.S. Eliot

"To me, every hour of the day and night is an unspeakably perfect miracle."  
—Walt Whitman

"Deep into that darkness peering, long I stood there, wondering, fearing, doubting, dreaming dreams no mortal ever dared to dream before."  
—Edgar Allan Poe

| Sunday                                                                                                        | Monday                                                                                                                                                                                                                                                       | Tuesday                                                                                                                                                         | Wednesday                                                                                                                                                                | Thursday                                                                                                      | Friday                                                                                                                                                                                               | Saturday                                                                              |
|---------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|  <div>5</div>                 | <div>TRANSPORTATION<br/>Fellowship Bus Drivers &amp; Info:<br/>Tony Lopez, Supervisor<br/>(602) 531-6902<br/>DRIVERS:<br/>- Abe - (480) 204-2206<br/>- Damion - (602) 448-8094<br/>- Jeffrey - (602) 768-4967<br/>- Gene - (480) 340-5251</div> <div>6</div> | <div>(FS) - Stands for Fellowship Square<br/>(AR) - Stands for Activity Room<br/>~~~~~<br/>Terros Crisis Line 1<br/>1-800-631-1314<br/>~~~~~</div> <div>7</div> | <div>8:30AM Fry's Trip - 10% OFF<br/>43rd &amp; Cactus</div> <div>8</div>                                                                                                | <div>Christian Themed documentaries Manor 1 activity room 3rd floor @ 3:00. Come join us!</div> <div>9</div>  | <div>9:00AM - Post Office Trip Sign-Up &amp; Pickup Location Is at Center View 2nd Floor (602) 424-9443<br/>~<br/>1:30PM - Sprouts &amp; Walgreens Trip - 19th Ave. And Northern</div> <div>10</div> | <div>4</div>                                                                          |
| <div>(CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room</div> <div>5</div>  | <div>1:00PM - Super Walmart Trip 19th Ave. &amp; Bell Road<br/>Movie day! Manor 1, 3rd floor activity room 4:00 PM. Come join us for a movie!</div> <div>6</div>                                                                                             | <div>7</div>                                                                                                                                                    | <div>8:30AM Fry's Trip<br/>43rd &amp; Cactus<br/>*Service Coordinator Luncheon @ 11 AM*<br/>Outback Steakhouse<br/>5605 W Bell Rd, Glendale, AZ 85308</div> <div>8</div> | <div>W.O.W. Bible Study Manor 1 3rd floor activity room @ 3:00 -4:00PM</div> <div>9</div>                     | <div>9:00AM - Bank Trip - Chase, DSFCU, Wells Fargo, And B of A - Check Bulletin Board<br/>~<br/>1:30PM - Dollar Tree, 35th &amp; Thunderbird</div> <div>11</div>                                    |                                                                                       |
| <div>(CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room</div> <div>12</div> | <div><b>Columbus Day</b><br/>Movie day! Manor 1, 3rd floor activity room 4:00 PM. Come join us for a movie!</div> <div>13</div>                                                                                                                              | <div>14</div>                                                                                                                                                   | <div>8:30AM Fry's Trip<br/>43rd &amp; Cactus</div> <div>15</div>                                                                                                         | <div>Christian Themed documentaries Manor 1 activity room 3rd floor @ 3:00. Come join us!</div> <div>16</div> | <div>9:00AM - Post Office Trip Sign-Up &amp; Pickup Location Is at Center View 2nd Floor (602) 424-9443<br/>~<br/>1:30PM - Sprouts &amp; Walgreens Trip - 19th Ave. And Northern</div> <div>17</div> | <div>18</div>                                                                         |
| <div>(CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room</div> <div>19</div> | <div>1:00PM - Super Walmart Trip 19th Ave. &amp; Bell Road<br/>Movie day! Manor 1, 3rd floor activity room 4:00 PM. Come join us for a movie!</div> <div>20</div>                                                                                            | <div>21</div>                                                                                                                                                   | <div>8:30AM Fry's Trip<br/>43rd &amp; Cactus</div> <div>22</div>                                                                                                         | <div>W.O.W. Bible Study Manor 1 3rd floor activity room @ 3:00 -4:00PM</div> <div>23</div>                    | <div>9:00AM - Bank Trip - Chase, DSFCU, Wells Fargo, And B of A - Check Bulletin Board<br/>~<br/>1:30PM - Dollar Tree, 35th &amp; Thunderbird</div> <div>24</div>                                    | <div>25</div>                                                                         |
| <div>(CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room</div> <div>26</div> | <div>Movie day! Manor 1, 3rd floor activity room 4:00 PM. Come join us for a movie!</div> <div>27</div>                                                                                                                                                      | <div>28</div>                                                                                                                                                   | <div>8:30AM Fry's Trip<br/>43rd &amp; Cactus</div> <div>29</div>                                                                                                         | <div>Christian Themed documentaries Manor 1 activity room 3rd floor @ 3:00. Come join us!</div> <div>30</div> | <div>9:00AM - Bank Trip - Chase, DSFCU, Wells Fargo, And B of A - Check Bulletin Board<br/>~<br/>1:30PM - Dollar Tree, 35th &amp; Thunderbird</div> <div>31</div>                                    |  |





**Manors' Office Phone Number**  
(602) 861-3970

**Alex Periot**  
EXT 5449

**Director of Subsidized Housing & Security**

**Bonnie Brown**  
EXT 3970

**HUD Apartment Manager**  
EXT 5446

**HUD Service Coordinator**

**Kim Cecena**  
EXT 9981

**Administrative Assistant**

#### **Manager's Office Hours:**

Monday - Friday 9am - 5pm

(Sat.: By Appointment)

**Service Coordinator office**

**hours:**

Monday- Thursday 9am - 5pm

### **Che Bello!**

More than 17 million people with Italian roots call the United States home. Celebrate their influence, accomplishments and traditions during Italian American Heritage and Culture Month in October.

### **Smile!**

Put on a happy face on World Smile Day, the first Friday in October. Research shows that the simple act of smiling can help strengthen the immune system and reduce blood pressure, pain and stress.



### **Maize Maze Mania**

The creations start out simple: sowed fields of corn. But at 6 inches high, intricate cornstalk puzzles begin to form. GPS-guided tractors remove individual cornstalks to follow a labyrinthine design. By autumn, the fields have grown into thick, tall tourist attractions: maize (corn) mazes.

The maze craze started in the

early 1990s with Don Frantz, a Disney theatrical producer. He was on a flight and the aerial views sparked the idea.

In 1993, Frantz designed his first corn maze: a dinosaur named Cornelius the Cobasaurus.

Today, more than 500 dot the U.S. countryside. They range in size from a few acres to more than 30 acres. Designs vary, as well. From Frantz's dinosaur design, today's mazes reflect contemporary themes such as NFL team logos and famous persons, such as Johnny Cash.

### **The corn maze craze started in the early 1990s**



**Brain**  
Games



### **Brain Bender: Candy Conundrum**

Mr. Jones had less than 20 pieces of candy left when two trick-or-treaters came to his door. He wanted to split the candy evenly between them, but there was one piece remaining. He saw a third trick-or-treater approaching, so he tried to split the candy between the three children, but he still had one leftover piece. Finally, a fourth trick-or-treater arrived. After splitting the candy four ways, Mr. Jones still had one last piece—but he decided to just keep it for himself.

Can you figure out how many pieces Mr. Jones had at the beginning of the puzzle?

*(Answer: He had 13 pieces of candy. The only number below 20 that can be divided evenly by 2, 3 and 4 is 12. He had one piece left each time he divided the candy, so 12 plus 1 equals 13.)*







## The Sport of Shuffleboard

Sending biscuits and putting an opponent in the kitchen may sound like cooking terms, but they are actually moves that stir up the action in the game of shuffleboard.

As singles or in teams of two, players alternate turns using a long forked stick (a cue) to "send" colored discs (or biscuits) sliding down a long, narrow court into a marked scoring pyramid. Points are awarded according to where the disc lands. Players can also use defensive shots to block and knock opponent's discs out of point zones or into "the kitchen," a 10-point penalty box.

While the exact origins of shuffleboard are unknown, it traces its roots to 16th-century England, where "shovel board" was played by sliding coins down a tabletop. English settlers then brought it to the Colonies. In the 1800s, it changed from a table game to a deck game on cruise ships. The first onshore court was built in 1913 at a resort in Daytona Beach, Fla.

## Little Books for Little Readers

On Oct. 1, 1942, publishing house Simon & Schuster released a dozen children's titles that would change the landscape of children's literature forever. Under the name Little Golden Books, the series was an instant success, selling 1.5 million copies in just five months.

Before then, children's books were cumbersome, large volumes with complex plots and lackluster illustrations. Additionally, they were expensive, costing \$2 to \$3 apiece—\$30 to \$45 in today's world.

While working with Simon & Schuster, George Duplaix, the head of the Artists and Writers Guild, came up with the idea of an affordable children's book that was lightweight, durable and, most importantly, simple, colorful and appealing to youngsters. At only 25 cents, a Little Golden Book was a bargain. Furthermore, the books were sold at department stores, drugstores and supermarkets, where parents could do their shopping while their kids picked out a new story.

Little Golden Books are still sold today, with both new and classic titles. A first edition of one of the original 12 titles can be worth more than \$100.



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## Happy Birthday

Manor 1  
 Ruth  
 Washington ~10/03~#214  
 Jeannese Hill ~10/10~#404  
 JoAnn Smith ~10/19~#403  
 Darlene Layton ~10/23~#204  
 Grace Human ~10/24~#201  
 Richard Hampton ~10/3~117  
 ~~~~~  
 Manor 3
 Eileen Harding ~10/10
 Beth Weber ~10/18~#302

Happy Birthday

The staff would like to wish those residents celebrating a birthday in October a very happy birthday.



Board Game Fun

From backgammon, which can be traced to about 3000 B.C., to today's newest offerings, board games have long been a way for families and friends to bond and play. Take a look at some of the most popular board games of modern times and think about all the fun had around the table. How many have you played?

- 1930s:** Monopoly, Scrabble, Rummikub, Sorry!
- 1940s:** Clue, Candy Land, Chutes and Ladders
- 1950s:** Risk, Yahtzee, Diplomacy
- 1960s:** Mouse Trap, Battleship, Hungry Hungry Hippos, Operation
- 1970s:** 221B Baker Street, Perfection, Black Box, Dungeons & Dragons
- 1980s:** Trivial Pursuit, Pictionary, Outburst, Taboo
- 1990s:** Mad Gab, Pretty Pretty Princess, Cranium, Mars 2020
- 2000s:** Blokus, Carcassonne, Dicespades, Bezzerwizzer
- 2010s:** Azul, Patchwork, 7 Wonders, Splendor

"This Month In History" OCTOBER

1792: In the nation's new capital city, Washington, D.C., the cornerstone of the White House is laid.

1903: The Boston Americans defeat the Pittsburgh Pirates five games to three to win the first World Series.

1931: Comic strip crime fighter "Dick Tracy" debuts.

1949: At a ceremony in Beijing, revolutionary leader Mao Zedong formally announces the creation of the People's Republic of China.

1955: Children's TV shows "Captain Kangaroo" and "The Mickey Mouse Club" air their first episodes.

1957: The Space Age begins when the Soviet Union launches Sputnik I, the first man-made satellite, into orbit.

1962: "Dr. No," the first in the popular James Bond spy film franchise, premieres in London.

1979: Mother Teresa wins the Nobel Peace Prize for her work with the poor in India.

1982: The musical "Cats" opens on Broadway, beginning a record run of more than 7,000 performances.

1995: Rallying for unity and family values, hundreds of thousands gather in Washington, D.C., for the Million Man March.

2000: An American astronaut and two Russian cosmonauts arrive for a four-month stay as the first residents of the International Space Station.

2003: Supersonic jet travel comes to an end when the final flights of three Concorde passenger jets land at London's Heathrow Airport.

2011: The Martin Luther King Jr. Memorial is formally dedicated in Washington, D.C., after a postponement due to Hurricane Irene.