

October 2024	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1. Although we often think of pumpkins as vegetables, they're actually fruits! Pumpkins, along with cucumbers, tomatoes, and avocados, come from the flowers of their plants. That makes them all fruits.</p> <p>2. Pumpkins are also a type of winter squash. And yes, all squashes are technically fruits as well.</p> <p>3. Each pumpkin contains about 500 seeds.</p> <p>4. Once they sprout, pumpkins take between 90 and 120 days to reach maturity.</p> <p>5. There are more than 45 different types of pumpkin.</p> <p>6. Atlantic Giants are the largest overall species of pumpkin. They can grow as much as 50 pounds per day!</p> <p>7. Every part of the pumpkin is edible, including the skin, leaves, flowers, and stem. Pumpkin and other squash blossoms can be eaten raw. They're also particularly tasty when lightly battered and fried!</p> <p>8. Pumpkin pie is America's favorite Thanksgiving dessert, with 36% of us preferring it to other traditional options like pecan, apple, or sweet potato.</p> <p>9. Pumpkins are native to Central America and Mexico. Originally small and bitter, they were selectively bred by Central and Native Americans to be bigger, fleshier, and sweeter.</p> <p>10. When the Pilgrims relocated to North America, they didn't know how to cook this new-to-them gourd. So, the Native Americans taught them how to cultivate and cook fresh pumpkin.</p> <p>11. As a staple crop, pumpkin was most likely served at the first Thanksgiving. But their version of pumpkin pie was quite different from ours. Without butter or flour for crust, they hollowed out a pumpkin and filled it with a combination of milk, honey, and spices before baking it in the ash of the fire.</p> <p>12. During World War II, many Americans grew "Victory Gardens" to supplement their grocery rations. Pennsylvania's The Victory Garden Handbook from 1944 recommended growing and eating pumpkins for their nutritional value.</p>			<div>1</div> 9:30 Let's Move! 10:30 Fill-in-Blanks 11:00 Marvelous Manicures 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	<div>2</div> 9:30 Let's Move! 10:30 Clever Crossword Puzzle 11:30 Small Pumpkin Craft 12:00 Lunch 2:30 <i>Afternoon Matinee "The Birds" directed by Alfred Hitchcock</i> 5:00 Dinner	<div>3</div> 9:00 <b>Outing – Scenic Drive</b> 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	<div>4</div> 9:30 Let's Move! 10:30 Balloon Badminton 11:15 Cranium Crunches 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	<div>5</div> 9:30 University of Utah conducts activities 10:00 LDS General Conference on TV Channel 5 10:30 Catholic Communion Service in the Family Room 12:00 Lunch 2:00 LDS General Conference on TV Channel 5 5:00 Dinner
	<div>6</div> 9:30 Music and the Spoken Word (TV Channel 5) 10:00 LDS General Conference on TV Channel 5 12:00 Lunch 2:00 LDS General Conference on TV Channel 5 5:00 Dinner	<div>7</div> HAIR SALON OPEN 9:30 Let's Move! 10:30 Carrington Court "Run for the Pumpkins" 11:15 Guess the weight of the pumpkins & the amount of candy corn in the jar??? 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	<div>8</div> 9:30 Let's Move! 10:30 Fill-in-the-Blanks 11:00 Marvelous Manicures 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	<div>9</div> 9:30 Let's Move! 10:30 Clever Crossword Puzzle 11:15 Dice Game 12:00 Lunch 2:30 <i>Afternoon Matinee "My Friend Flicka" starring Roddy McDowall</i> 5:00 Dinner 5:30 LDS Carrington Court Branch Activity Night	<div>10</div> 9:00 <b>Outing – LDS Church History Museum</b> 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	<div>11</div> 9:30 Let's Move! 10:30 Pool Noodle Hockey 11:15 Cranium Crunches 3:00 B-I-N-G-O 5:00 Dinner	<div>12</div> 9:30 University of Utah students conduct activities 10:30 Catholic Communion Service in the Family Room 12:00 Lunch 5:00 Dinner
	<div>13</div> ENJOY YOUR SUNDAY! 9:30 Music and the Spoken Word (TV Channel 5) 10:30 LDS Sacrament Meeting 11:15 Relief Society/Priesthood OR Sunday School 12:00 Lunch 5:00 Dinner	<div>14</div> HAIR SALON OPEN 9:30 Let's Move! 10:30 Columbus Day Reader's Theater 11:30 Squirrel Scavenger Hunt & stuffing our cheeks with nuts!! 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	<div>15</div> 9:30 Let's Move! 10:15 Fill-in-the-Blanks 11:00 Marvelous Manicures 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	<div>16</div> 9:30 Let's Move! 10:30 Clever Crossword Puzzle 11:30 Concentration 12:00 Lunch 2:30 <i>Afternoon Matinee "Fly Away Home"</i> 5:00 Dinner	<div>17</div> 9:00 <b>Outing – Scenic Drive</b> 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	<div>18</div> 9:30 Let's Move! 10:30 Balloon Badminton 11:15 Cranium Crunches 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	<div>19</div> 9:30 University of Utah conducts activities 10:30 Catholic Communion Service in the Family Room 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner
	<div>20</div> ENJOY YOUR SUNDAY! 9:30 Music and the Spoken Word (TV Channel 5) 10:30 LDS Sacrament Meeting 11:15 Relief Society/Priesthood OR Sunday School 12:00 Lunch 5:00 Dinner	<div>21</div> HAIR SALON OPEN 9:30 Let's Move! 10:30 All the words we can think of that start with a "H" 11:00 Halloween B-I-N-G-O 12:00 Lunch 3:00 <b>LIVE Musical entertainment "Lynda Davidson" performs</b> 5:00 Dinner	<div>22</div> 9:30 Let's Move! 10:30 Fill-in-the-Blanks 11:00 Marvelous Manicures 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	<div>23</div> 9:30 Let's Move! 10:30 Clever Crossword Puzzle 11:30 Ping Pong Ball pair up 12:00 Lunch 2:30 <i>Afternoon Matinee "Captains Courageous" starring Spencer Tracy</i> 5:00 Dinner	<div>24</div> 9:00 <b>Outing – Scenic Drive "Ghostly Tour" by Julie</b> 12:00 Lunch 5:00 Dinner 6:00 <b>TRICK OR TREATING AT CARRINGTON COURT</b>	<div>25</div> 9:30 Let's Move! 10:30 Balloon Badminton 11:15 Cranium Crunches 12:00 Lunch 3:00 <b>LIVE Musical Entertainment "Happy Together" Performs</b> 5:00 Dinner	<div>26</div> 9:30 University of Utah conducts activities 10:30 Catholic Communion Service in the Family Room 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner
	<div>27</div> ENJOY YOUR SUNDAY! 9:30 Music and the Spoken Word (TV Channel 5) 10:30 LDS Sacrament Meeting 11:15 Relief Society/Priesthood OR Sunday School 12:00 Lunch 5:00 Dinner	<div>28</div> 9:30 Let's Move! 10:30 Parachute Crazyness!! 11:00 <b>Resident Council Meeting, everyone is encouraged to attend</b> 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	<div>29</div> 9:30 Let's Move! 10:15 Fill-in-the-Blanks 11:00 Marvelous Manicures 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	<div>30</div> 9:30 Let's Move! 10:30 Clever Crossword Puzzle 11:30 Jokereno 12:00 Lunch 2:30 <i>Afternoon Matinee "Princess Bride"</i> 5:00 Dinner	<div>31</div> <b>HALLOWEEN</b> 9:30 Let's Move! 10:30 Balloon Badminton 11:15 Cranium Crunches 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner		





 **TRICK OR TREAT NIGHT AT CARRINGTON COURT!!**

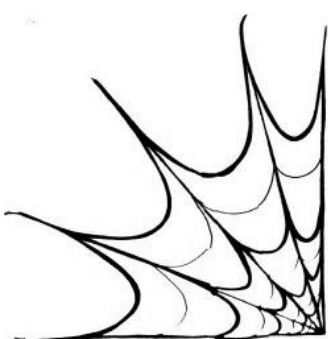
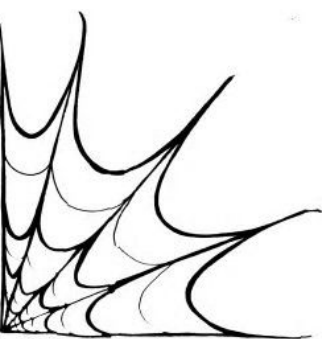
Families and friends, join us for **TRICK OR TREATING** on Thursday, October 24 beginning at 6:00 p.m. Our residents look forward to seeing all of the children in their costumes!



**October 2024**

**TRICK OR TREAT**





**Happy Birthday!**

Calvin A. - 2nd  
Alan P. - 5th  
Virginia H - 10th  
Lois H. - 13th  
Claudia D. - 26th

