

# Friendship International



OCTOBER 10, 2025

## IMMUNE-BOOSTING TIPS FOR THE FALL

As the days get shorter and the weather turns cooler, it also can mean the start of “cold and flu season.” As we are exposed to more illness and germs, consider how you can take some extra steps to boost up your immune system.

Here are four small but powerful habits to help your immune system stay strong:

### **Drink your water! (even if you’re not thirsty)**

It’s easy to drink less water when it’s not as hot out, but hydration is important for immune function and detox. Warm herbal teas or lemon water are perfect cozy options.

### **Prioritize Quality Sleep**

Your body does most of its repair work overnight. Try to get 7-9 hours each night. You can create a calming bedtime routine like screen-free time, a warm shower, and a good book in bed.

### **Soak Up Vitamin D**

With less sunlight this time of year, we don’t get as much Vitamin D, which we need for a healthy immune system. Get outside during midday sun when possible and the fresh air will do you good as well.

### **Make a Colorful Plate**

Brightly colored fruits and veggies (especially orange, red, and dark green) are loaded with good things to support your overall health. (A cozy recipe can be found at the bottom of the second page!)

Do you have any immune boosting tips from your home culture?



## UPCOMING DATES

October 10	“What Are These Holidays?” program
October 17	Volunteering Opportunities with Lana Gritsko (Best Friends Adult Day Center)
October 24	Extended Classes (No Program)
October 31	Cancer Awareness with Melanie Hunter (Wear Pink)



## Pumpkin Spice & Everything Nice

Many things that are labeled “pumpkin spice” have no real pumpkin in it! Pumpkin spice is a blend of spices that make up that signature flavor that gets added to a traditional pumpkin pie recipe (and now, so much more). Want to make your own pumpkin spice? [Click here to find out what all goes into a traditional pumpkin spice blend.](#)

## Apples Galore

Like pumpkins, apples are a popular fall food here in the United States. We even have a phrase, “As American as apple pie.” Of course fall is when they are in season, but their popularity extends beyond that. While you could simply buy your apples at the grocery store, many people flock to orchards in the fall to pick their apples straight from the trees themselves. It’s a whole experience!

Apple butter is a delicious treat to make with apples! Since Colonial times, it has been a helpful way to preserve apples after they’re harvested in the fall. There’s no real butter in it, but it has a thick texture that tastes good spread over breads of all kinds. [Click here for a simple recipe to make your own apple butter.](#)



[Click here for more info.](#)

## Shaker Village Music on the Lawn

**Fridays & Saturdays | 5:30 - 8:30 PM**

Through the end of October, make the scenic drive south to Shaker Village in Mercer County for a delightful evening under the stars. Enjoy live music under the twinkle lights in this relaxing outdoor setting. Limited seats are available, but to be safe, you should bring your own lawn chair or blanket. Some food and drink available for purchase.

**Shaker Village**

**3501 Lexington Rd, Harrodsburg, KY**



USE 3 SIMPLE ITEMS TO MAKE A PUMPKIN CRAFT



ENJOY FLAVORS OF FALL WITH THIS AUTUMN SAUSAGE PASTA SQUASH