

A look Back at September



Guest star Amira prepared traditional Bosnian coffee for all to taste. She also shared treats and sweets from her home country.

Bosnian Coffee with Amira



Wii Bowling



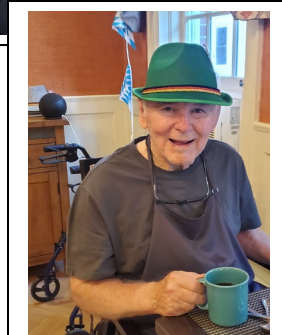
We learned to virtual bowl as Rob cheered us on to glory!

Honey Celebration

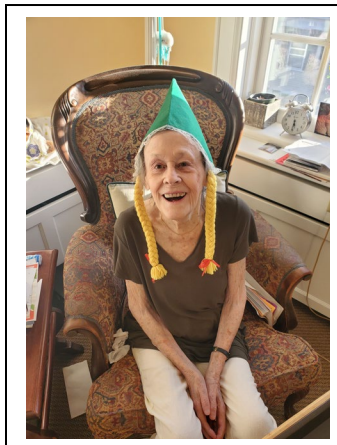


Special guest Patrick from Barr Hill came and spoke to us about bees, and let us taste delicious honey. We looked at flowers the way bees see them, and enjoyed a fabulous charchuterie the kitchen prepared.

Oktoberfest Dinner



Prost! We celebrated Oktoberfest with German food and music. We raised our steins to good health and good fortune.



We had a lot of fun in September. We played air hockey, balloon tennis, corn hole, had bunch of musical guests, as well as a great performance by No Strings Marionette.

There were a few beautiful days where we played ping pong on the patio, and a few rainy ones where we set up giant bowling in the living room. Lots of laughter was shared during these last few days of summer.

Madlibs

A Day at The Gary Residence

One ~~lumpy~~ day in ~~January~~ ~~the~~ ~~month~~ ~~of~~ ~~the~~ ~~year~~, ~~the~~ ~~residents~~ ~~decided~~ ~~to~~ ~~start~~ ~~the~~ ~~day~~ ~~with~~ ~~an~~ ~~early~~ ~~walk~~. ~~It~~ ~~was~~ ~~very~~ ~~early~~ ~~in~~ ~~the~~ ~~day~~ ~~so~~ ~~it~~ ~~was~~ ~~still~~ ~~cold~~ ~~outside~~.
 The Gary Residence was starting to come alive when they got back ~~the~~ ~~room~~ ~~was~~ ~~eating~~ ~~breakfast~~.
 Lisa ~~was~~ ~~in~~ ~~the~~ ~~kitchen~~ ~~and~~ ~~Mrs~~ ~~was~~ ~~in~~ ~~the~~ ~~living~~ ~~room~~.
 The whole house smelled ~~like~~ ~~flowers~~ ~~because~~ ~~the~~ ~~chef~~ ~~was~~ ~~preparing~~ ~~some~~ ~~special~~ ~~celebration~~.
 Special guest ~~John~~ ~~will~~ ~~be~~ ~~dropping~~ ~~by~~ ~~later~~ ~~today~~ ~~to~~ ~~teach~~ ~~us~~ ~~about~~ ~~the~~ ~~history~~.
 It's going to be ~~a~~ ~~great~~ ~~day~~ ~~and~~ ~~everyone~~ ~~is~~ ~~in~~ ~~a~~ ~~great~~ ~~mood~~!

The Gary Residence

October 2024

The Gary Residence | 149 Main Street Montpelier, VT | (802) 223-3881

Celebrating October Birthdays

October 1st
- **Maria J.**

October 14th
- **David G.**

October 29th
- **Mike Y.**

October Horoscopes

If you were born between October 1–22, you balance the scales of Libra. Libras are very social, seek harmony through compromise, and have strong powers of critical thinking.

Those born between October 23–31 are passionate Scorpios, considered the most intense sign in the zodiac. While on the outside Scorpios are calm and composed, inside they are forceful, emotional, determined, and ambitious.

Night Flyers

As Halloween approaches, images of bats often flutter into our minds, adding a spooky touch to the season. However, there's much more to these fascinating creatures than their eerie reputation suggests.

Bats are the only mammals capable of sustained flight, with over 1,400 species worldwide. They range in size from the tiny bumblebee bat, weighing less than a penny, to the large flying foxes with wingspans of up to six feet. Despite their diversity, bats share some common traits, such as echolocation, which allows them to navigate and hunt in the dark by emitting high-frequency sounds.

One common myth is that bats are blind. In reality, all bats can see, and many have excellent night vision. Another misperception is that bats are aggressive bloodsuckers. While vampire bats do exist, they are just three species out of more than a thousand, and they mainly feed on livestock, not humans.

Bats play crucial roles in ecosystems. They are natural pest controllers, consuming vast amounts of insects, including mosquitoes. A single bat can eat up to 1,000 mosquitoes in an hour! Additionally, fruit bats are vital pollinators and seed dispersers for many plants, including those that produce bananas, mangoes, and avocados.

Despite their benefits, bats face many threats, including habitat loss and diseases like white-nose syndrome. Conservation efforts are essential to protect these misunderstood animals.

As Halloween casts its spooky spell, remember that bats are more than just a symbol of the season. They are remarkable, beneficial creatures deserving our respect and protection. By dispelling myths and understanding their importance, we can better appreciate the incredible world of bats.

Movie Viewings for October

2nd – Secondhand Lions

The story of an introverted young boy who is sent to live with his eccentric great uncles on a farm in Texas.

9th – Breakfast at Tiffanys

Holly Golightly, a naïve, eccentric socialite meets Paul Varjak, a struggling writer who moves into her apartment building.

16th – Hocus Pocus

Bette Midler joins Sarah Jessica Parker and Kathy Najimy as three outlandishly wild witches who return from 17th Century Salem for a night of zany fun and comic chaos.

23rd – Addams Family

A bizarre, macabre, aristocratic family reconnects with someone whom they believe to be a long-lost relative, Gomez's brother Fester Addams.

30th – Practical Magic

Sisters Sally and Gillian Owens, descended from a long line of witches. Raised by their aunts after their parents' death from a family curse, the sisters were taught the uses of practical magic as they grew up. As adults, Sally and Gillian must use their magic to destroy the evil spirit of Gillian's abusive boyfriend before it kills them.

Doubt It Day

Don't take our word for it that International Skeptics Day falls on October 13—go out there and find out for yourself. Skeptics are known for their propensity to doubt the opinions of others or even question the facts. While unchecked skepticism might lead people to reach unrealistic conclusions, some believe that a healthy skepticism is important. In fact, many skeptics consider themselves those who are still looking for the truth.

Skeptics have doubted some of history's most famous events. For example, many doubt that humans first walked on the moon in 1969. They insist that NASA faked all the broadcast images. Some skeptics also believe that the American government has knowledge of aliens landing on Earth and that all information regarding this landing is held inside New Mexico's infamous

Area 51. Skeptics believe that this secret base houses a crashed UFO, that government agents have held secret meetings with aliens, and that aliens and the government are working to develop time travel technology.

Is it wise to believe everything we are told, or is it better to question the world around us? When does skepticism cross the line and become wild conspiracy theory? The key to healthy skepticism lies in discerning when to accept the truth, even if it challenges our expectations. Ultimately, being a good skeptic means balancing doubt with the willingness to accept credible evidence. On October 13, International Skeptics Day, feel free to question authority and scrutinize the opinions of others, but remember that trust is also essential. After all, what value is there in seeking the truth if we are unwilling to accept it?

HALLOWEEN LINEUP

Halloween Cupcake Decorating: Saturday the 26th @ 3:00pm
Decorate spooky cupcakes in the dining room. All materials will be provided. Bring your own boos.

Pumpkin Painting: Monday the 28th @ 3:00pm
Let your creative flag fly and paint a pumpkin to celebrate autumn.

Halloween Party: Thursday the 31st @ 3:00pm
Pick out a costume, grab a spooky snack and play some frighteningly fun games.

Trick-r-Treat: Thursday the 31st 4:00pm – 5:00pm
Montpelier's trick-r-treating starts at 4pm – join us on the front porch to hand out treats (or tricks!) to the neighborhood children.

Leaf Peepin' Time

It's that time of the year in Vermont where the air smells crisp and the leaves start to shine crimson and gold. As Vermonters, it is our solemn duty to observe nature's wonder by driving around and beholding the majesty. We will have two opportunities this month to go leaf peepin'. Please sign up or let Kate know if you would like to attend either date.

Thursday October 3rd – Fall Foliage Drive.
Good ole' leaf peepin' around the nearby towns.

Monday October 14th – Lunch with a View @ Westview Meadows.
WVM offers a stunning view in their dining area. Come join us for lunch and to take in nature's glory. We will have the opportunity to paint pumpkins, enjoy a delightful fall meal, and meet new friends.

Stories and Songs with the Library 10:30 am October 17th

In conjunction with the local library, we are inviting the children of Montpelier to join us for songs and stories hour. We will have a fun activity for the children to participate in as we all listen to stories from the librarian, and sing along to some familiar tunes.

**Foot Clinic October 17th
By Appointment Only**
Please reach out to Maria Duggan to schedule an appointment.

mduggan@thegaryresidence.com

**October 16th @ 11am in Dining Room
Covid and Flu Vaccine Clinic**

Meet The Staff



Meet Lisa - the friendly face that greets everyone when they first enter the Gary Residence. Lisa grew up on the picturesque Peaks Island off the coast of Maine. Life on the island was simple and tight-knit, where everyone knew each other and community spirit ran deep. For Lisa, this unique upbringing has shaped her into the compassionate, resilient, and dedicated individual she is today.

Her family has been a part of Peaks Island for as far as anyone can remember. Family has always played a central role in her life. Some of her fondest memories are of afternoons spent with her grandmother scouring the rocky shoreline for stones with faces hidden in their shapes. They would sit together and paint the faces they saw in the stones. Once finished, they would leave them out along the trails for tourists to find, like a secret art gallery for wanderers.

Growing up with two younger brothers, she quickly became the reliable, nurturing force in her family, and she proudly states that she has been a lifelong babysitter. Now, a proud mom of three wonderful kids, Lisa fills her days with love, laughter, and creativity. Her garden is her sanctuary, where she tends to the plants, always with a bubble machine – because the simple joy of floating bubbles makes her happy.

Lisa is a story teller and a great listener. Here at the Gary residence, her favorite part of being here (besides offering a helping hand) is being able to learn about everyone and getting to hear their stories. Now a valued member of the team, Lisa brings her island born work ethic, creativity, and warm demeanor to every interaction at the Gary Residence.