

October 2021

The Hayden Herald



HAYDEN VILLAGE
CENTER

Hayden Village Center-Senior Services | 680 Oak St., Franklin, VA | (757) 517-2904 | www.ssseva.org



Celebrating October

Country Music Month

Stamp Collecting Month

Positive Attitude Month

International Coffee Day

October 1

World Space Week

October 4–10

World Teachers Day

October 5

**Columbus Day &
Indigenous Peoples' Day**

October 11

National M&M Day

October 13

Freedom of Speech Week

October 18–24

World Origami Days

October 24–November 11

World Pasta Day

October 25

**All Hallows' Eve or
Halloween**

October 31

Hey Hayden!

Be-Leaf It or Not, October's in the Air!

While some Octobers mark the first frost of the winter to follow, within days this month often rebounds with warm, near-summer-like weather. It's during these final warm days of the year that farmers rush to harvest the last of their crops. The ancient Romans celebrated this harvest season with festivals throughout the month.

October, with its beautifully changing foliage, is also one of the most colorful months of the year. Deciduous trees provide vibrant hues, with leaves that change color before falling to the ground in a carpe of yellows, browns, purples, oranges, and fading reds. The long, sunny days of summer (and the active chlorophyll in the leaves turning sunlight into food) keep the leaves green. When the days shorten and cool in fall, the green recedes, causing the underlying colors to emerge.

These colorful deciduous trees include the following species:

- Ash (yellow or purplish yellow)
- Oak (red, brown, or russet)
- Red maple (red)
- Sassafras (deep orange or bright yellow).

“How beautifully leaves grow old. How full of light and color are their last days.”

~ John Burroughs

See you in the Center,

Crystal P. Bynum

Director of Hayden Village Center

Community Activities/Programs Open to Adults 60+

 **Open Computer Lab (Rm B)**
Monday-Friday 11:00 to 3:00 pm

 **Open Gym 60+**
Monday & Wednesday 3:00 to 4:00

FREE Tech Help for Ages 60+

The *HealthWise Program* helps seniors become more tech-savvy. Participants in the program will be assigned a virtual tech coach who will help guide them on how to use their tablet or computer features such as Wifi, Zoom, Telehealth, Email, Birdsong App, and more. This program is a partnership between Senior Services of Southeastern Virginia, Westminster Canterbury, EVMS and Primeplus Senior Centers.

Participants must:

- Be willing to commit to 2 Sessions a week for about 3 months.
- Have access to a Wireless Connection (Wi-Fi)
- Have a Tablet or Desktop/Laptop with a camera (*Option to borrow one from Senior Services*)

This program is FREE and done virtually. To register, contact Lucy Fyfe at [757-524-1646](tel:757-524-1646).

The Career Corner

Come be a part of the Senior Services Family!

Apply online at www.ssseva.com/careers



Krafting with Kenya

Our very own Hayden Program Coordinator, Kenya Morton provides an array of crafting on, and each week there will be a different crafting creation!
Mondays & Tuesdays at 1:00 p.m.

Senior Activity & Fitness Day

Come take part in our Activity & Fitness Day and earn Hayden Buck\$.
Thursday, October 14th & 28th from 10:00 a.m. to 1:00 pm.

Garden Club

Hayden's Director, Crystal Bynum enjoys meeting with all who would like to take part gardening, as well as maintaining and caring for the Della Hayden Community Garden.

We will be transitioning the beds into Fall/Winter Veggies and plants. This activity meets every Tuesday at 10:00 a.m. meeting outside to the community garden.

Friendly Residential Reminders



Reminder for Hayden Village Center residence:

- There is NO smoking of any kind, INSIDE of the Hayden building, or INSIDE Hayden apartments.
- For Maintenance Request, please fill-out a request form, and place in the maintenance box by the mailboxes. For **maintenance emergencies after hours, please call (757) 517-2904.**

Community Activities & Programs at Hayden for Adults 60+

B-I-N-G-O *In-Person in the Center*

Days: **Wednesdays & Thursdays**

Time: 11:00 a.m.

*Registration Required

During Bingo participants can only play 1 bingo card at a time for each game played during the activity time.



B-I-N-G-O *Virtual*

Days: **Thursday October 7th & 21st**

Time: 1:00 p.m.

*Registration Required

Call Kenya, Hayden Program Coordinator, and let her know that you would like to take part in virtual or in-person BINGO at **(757) 222-4527**.



Teatime at Ten Virtual & In-Person



Day: **Tuesdays**

Time: 10:00 a.m.

Teatime at Ten is a social-time activity with Trivia, Daily Dose of the Date, and Time to Spill the Tea!

We will be facilitating this activity in-person and on the Zoom platform.

Please call **(757) 222-4527** to register for this activity.

Zumba Gold (Chair) *Virtual & In-Person*

Date: **October 20th, 2021**

Time: 12:00 p.m.

Live virtual Zumba Gold® (chair) fitness classes to help improve and enhance the quality of life for older adults. This activity was made possible by a community partnership between Senior Services and NewMan Fitness Foundation.

Please call **(757) 222-4527** to register for this activity.



Who's There?



Knock knock. Who's there? October 31st. October 31st who? Did you know that October 31st is Knock-Knock Joke Day? It is no coincidence that this holiday coincides with Halloween. As children rove door-to-door asking "Trick or treat," they can offer knock-knock jokes as compensation for their candy and goodies.

The origin of the knock-knock joke is anything but clear-cut, but clever historians have uncovered bits of American popular culture that present a convoluted history of its creation. Before the knock-knock joke, there was the "Do You Know" joke. Around the year 1900, it was common for joke tellers to ask something like, "Do you know Arthur?" To which the person would reply, "Arthur who?" The jokester would then reveal the punchline: "Arthurmometer!" This groan-worthy punchline, with its silly play on words, foreshadowed the sort of punchlines knock-knock jokes would become famous for. But where did the door-knocking imagery come from?

In 1929, author Henry Bett wrote the book *The Games of Children: Their Origin and History*. In it, Bett describes a common game called "Buff" in which a player would tap with a stick and say "Knock knock," to which another player would respond, "Who's there?" Is it coincidence that by the mid-1930s the joke form and the children's game had been combined? Knock-knock jokes were suddenly everywhere. Businesses held knock-knock joke contests. Bands incorporated knock-knock jokes into their songs. In 1936, the nomination of Col. Frank Knox as the Republican vice-presidential candidate inspired radio stations and newspapers in Harrisburg, Pennsylvania, to tell Knox-Knox jokes.

Meanwhile, the *Kerrville Times* newspaper in Texas expressed sheer bafflement over the knock-knock joke phenomenon: "Who started it, where, and what it is called is a mystery." At the end of 1936, psychologist D.A. Laird called the compulsion to tell knock-knock jokes a mania and a sickness.

October Birthdays

In astrology, those born from October 1–23 balance the scales of Libra. Libras are peaceful and fair, and value balance and symmetry. For this reason, they often champion justice and equality. Those born from October 24–31 are Scorpions of Scorpio. Scorpions are passionate, dedicated, and resourceful. Scorpions may seem intimidating, but they are just no-nonsense people who value honesty and loyalty above all else.

Donna Karan (designer) – Oct. 2, 1948
 Chubby Checker (singer) – Oct. 3, 1941
 Chevy Chase (comedian) – Oct. 8, 1943
 Henry Heinz (food magnate) – Oct. 11, 1844
 Marie Osmond (entertainer) – Oct. 13, 1959
 Penny Marshall (director) – Oct. 15, 1943
 Naomi Osaka (tennis star) – Oct. 16, 1997
 Kamala Harris (vice president) – Oct. 20, 1964
 Pele (soccer player) – Oct. 23, 1940
 Jonas Salk (doctor) – Oct. 28, 1914
 John Candy (comedian) – Oct. 31, 1950

Turn of the Tide



In Cornwall, in the United Kingdom, October 31 brings the holiday of Allantide. Like Halloween, Allantide is believed to be a day when the barrier between the living and the dead is lifted. For this reason, Allantide is a day when people seek the advice of fortune tellers who can commune with the spirits. Walnuts thrown into fires confirm the fidelity of spouses. Molten lead cast into water hardens into a shape that foretells future employment. Thanks to its proximity to the harvest season, Allantide also boasts several harvest traditions. It is common to visit an Allan Market and buy a bright red Allan apple to gift to children. Girls will sleep with these under their pillows in the hopes of dreaming of their future husbands. Not sleeping with the Allan apple under your pillow brings back luck. Another tradition more reminiscent of Halloween is the carving of jack-o'-lanterns out of turnips.