

October 2023

Masonic Family Day

October 7, 2023

Time	Event	Location
8:00 am	Coffee and Doughnuts	Grand Lodge
9:00 am- 10:00 am	Room and Cottage Tours	Areas designated by signs and balloons
9:30 am	Tool Sale	Wood Shop
9:00 am	Grand Lodge Library and Museum Tours	Grand Lodge
	York Rite Tours	York Rite Building
10:00 am- 10:30 am	ACCA Sauerkraut Band	
10:00 am	Youth Group Activities	Between York Rite & Grand Lodge
10:30 am	Welcome and Introductions Prayer and Pledge of Allegiance Grand Master of Masons in VA Parade Announcer	Anne Hagen Steve Sanford Donald E. Strehle Dr. Joel Bundy
11:00 am	Parade Begins	In front of Grand Lodge
12:00 pm	Lunch	Tents w/Blue Stripes
1:00 pm	Knights Templar Bicentennial Time Capsule Ceremony	In front of the York Rite building
1:00 pm	Room and Cottage Tours	

Gates will be inaccessible during the Parade

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Resident Advisory Council

Peg Davis

President

Ray Taylor

Vice President

Sandra Young

Secretary

Nancy Lee Martin and Ray

Taylor- B Wing

Butch Carver and Jerri Morton

C and D Wings

Steve Bollinger and Peg Davis

Village

Gordon Sprigg

Magnolia Court



Save the date!



Family Day is Saturday,
October 7, 2023

Health Rx

Here's To Your Good Health!

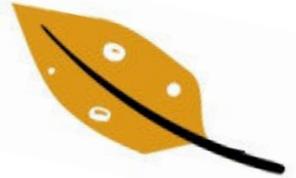
Strategies for a Healthy Fall

As the days get shorter and cooler and the seasons change, use these strategies to help prevent chronic diseases and maintain a healthy lifestyle.



Get Your COVID-19 and Flu Shots

Getting the COVID-19 vaccine and recommended boosters offers the best protection against serious illness and hospitalization. CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.



Be Sun Safe

Wear long-sleeved shirts and pants, a wide-brimmed hat, sunglasses, and broad spectrum sunscreen with at least SPF-15.



Wash Your Hands

Wash your hands with soap and clean running water for 20 seconds. Prevent the spread of germs—the key times to wash hands, such as after using the bathroom or before eating.



Move More, Sit Less

Adults need at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.



Eat Healthy

Delicious fruits, vegetables, whole grains, lean meats, and low-fat dairy products make healthy meals.



Book Ends

Fall's Most Anticipated Mysteries & Thrillers

Midnight Is the Darkest Hour by Ashley Winstead

The good folks of Bottom Springs, Louisiana, fear the myths that haunt the area, like the story of a vampiric figure said to steal into sinners' bedrooms to kill them on moonless nights. When a skull is found in a swamp, it's up to the preacher's daughter to discover the truth.

Release date: October 3

The Leftover Woman by Jean Kwok

This intriguing novel from author Jean Kwok is family drama hung on the scaffolding of a mystery story. Two young mothers in New York City—one born to privilege and the other a desperate immigrant—find common cause when they search for a daughter taken away by China's former one-child policy.

Release date: October 10

The Exchange: After the Firm by John Grisham

Just like it says on the label, this new legal thriller from genre overlord John Grisham functions as the official sequel to his famous 1991 breakthrough novel, The Firm. Fifteen years later, our hero Mitch McDeere finds himself tangled up in deadly machinations when a favor to a friend goes as wrong as wrong can go.

Release date: October 17

The Mystery Guest by Nita Prose

Readers first met Molly Gray in the bestselling mystery The Maid. Since then, she's risen through the ranks of the Regency Grand Hotel to become its esteemed head maid. But just as her life reaches this pinnacle, her world is turned upside down when acclaimed author J.D. Grimthorpe drops dead on the hotel's tea room floor. Now it's up to this fastidious maid to uncover the truth...no matter how dirty.

Release date: November 28

Anniversaries



October 20, 1961 Kenneth and Zaida Lorente
October 20, 2001 Tom and Sue Montgomery

In Memoriam



Richard "Dick" Carden

Have You Heard?

Searching for.....



If you are interested in submitting book reviews for our monthly newsletter, please contact Susan Berryhill at 804-237- 6795 or email: sberryhill@mahova.com

IN THE WORD ZONE: A HALLOWEEN WORD SEARCH

C H O S T S E Y N H K T O M B S T O N E A I L Y T
 A R L N W I T C H P E V N E F S V X L R V S T E N
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ARACHNOPHOBIA
 BAT
 BLACK CAT
 COSTUME
 COVEN
 EVIL
 EYE OF NEWT
 GARLIC
 GHOST
 GOBLIN
 HAUNTING

HEX
 HOWL
 MIDNIGHT
 MONSTER
 MOON
 NIGHTMARE
 OCCULT
 PHANTOM
 POTION
 PUMPKIN
 RAVEN

SALEM
 SHRIEKS
 SILVER BULLET
 SPOOKY
 TOMBSTONE
 VAMPIRE
 WICKED
 WITCH
 ZOMBIE
 Unlisted clue:
 It Bubbles

October Movies

Movies start at approximately 6 PM. Channel 5.1 and TV Room

Men in Black - Monday, October 2

Unbeknownst to other people, there is a private agency code named MiB. This agency is some kind of extraterrestrial surveillance corporation. One of the agency's finest men who only goes by the name "K," is recruiting for a new addition to the agency. He has chosen James Edwards of the N.Y.P.D. Then, one day, a flying saucer crashes into Earth. This is an alien a part of the "Bug" race. He takes the body of a farmer and heads to New York. He is searching for a super energy source called "The Galaxy." Now, Agents J and K must stop the bug before it can escape with the galaxy. Released: 1997. 1 hour 38 minutes. Rated PG-13. Starring: Tommy Lee Jones, Will Smith, and Linda Fiorentino

The Hunt for Red October - Friday, October 6

This movie tells the story of Captain Marko Ramius, the skipper of the Soviet Union's newest nuclear submarine, the "Red October." Jack Ryan of the C.I.A. gets involved in a tense, tangled hunt for this sub, when Ramius defects, taking the "Red October" with him. Released: 1990. 2 hours 15 minutes. Rated: PG. Starring: Sean Connery, Alec Baldwin, and Scott Glenn

Bewitched - Monday, October 16

Out in California's San Fernando Valley, Isabel is trying to reinvent herself. A naïve, good-natured witch, she is determined to disavow her supernatural powers and lead a normal life. At the same time, across town, Jack Wyatt, a tall, charming actor is trying to get his career back on track. Fate steps in when Jack accidentally runs into Isabel. He is immediately attracted to her and her nose, which bears an uncanny resemblance to the nose of Elizabeth Montgomery, who played Samantha on Bewitched (1964). He becomes convinced she could play Samantha in his new series. Isabel is also taken with Jack, seeing him as the quintessential mortal man with whom she can settle down and lead the normal life she so desires. It turns out they're both right, but in ways neither of them ever imagined. Released: 2005. 1 hour 42 minutes. Rated: PG-13. Starring: Nicole Kidman, Will Ferrell, and Shirley MacLaine

October Movies

Movies start at approximately 6 PM. Channel 5.1 and TV Room

E.T. - Friday, October 20

After a gentle alien becomes stranded on Earth, he is discovered and befriended by a 10-year-old boy named Elliott. Bringing him into his suburban California house, Elliott introduces E.T., as he is dubbed, to his brother, Michael, and sister, Gertie, and they decide to keep his existence a secret. Soon, however, he falls ill, resulting in government intervention and a dire situation for both him and Elliott. Released 1982. 1 hour 55 minutes. Rated PG. Starring: Henry Thomas, Drew Barrymore and Peter Coyote

Harry Potter and the Sorcerer's Stone - Monday, October 23

This is the tale of Harry Potter, an ordinary eleven-year-old boy serving as a sort of slave for his aunt and uncle who learn that he is actually a wizard and has been invited to attend the Hogwarts School for Witchcraft and Wizardry. Harry is snatched away from his mundane existence by Rubeus Hagrid, the groundskeeper for Hogwarts, and quickly thrown into a world completely foreign to both him and the viewer. Famous for an incident that happened at his birth, Harry makes friends easily at his new school. He soon finds, however, that the wizarding world is far more dangerous for him than he would have imagined, and he quickly learns that not all wizards are ones to be trusted. Released 2001. 2 hours 32 minutes. Rated: PG Starring: Daniel Radcliffe, Rupert Grint and Richard Harris

October Movies

Movies start at approximately 6 PM. Channel 5.1 and TV Room

Close Encounters of the Third Kind - Friday, October 27

Two parallel stories are told. In the first, a group of research scientists from a variety of backgrounds are investigating the strange appearance of items in remote locations, primarily desert regions. In continuing their investigation, a Frenchman named Claude Lacombe, incorporates the Kodály method of music education as a means of communication in their work. The response at first baffles the researchers, until American cartographer David Laughlin deciphers the meaning of the response. In the second, electric company lineman and family man Roy Neary and single mother Jillian Guiler are among some individuals who experience some paranormal activity before some flashes of bright lights in the sky. Roy becomes obsessed with what he sees, unlike some others who refuse to acknowledge their belief that it is a UFO, in not wanting to appear crazy. That obsession is ratcheted up a notch when Roy and Jillian begin to have a vision of a mound with vertical striations on its side as a key to what is going on. Released 1977. 2 hours 18 minutes. Rated PG. Starring: Richard Dreyfuss, Francois Truffaut and Teri Garr

Ghostbusters - Monday, October 30

Peter Venkman, Ray Stantz and Egon Spengler work at Columbia University. where they delve into the paranormal and fiddle with many unethical experiments on their students. As they are kicked out of the University, they really understand the paranormal and go into business for themselves. Under the new snazzy business name of 'Ghostbusters' and living in the old firehouse building they work out of, they are called to rid New York City of paranormal phenomenon at everyone's whim. Released 1984. 1 hour 45 minutes. Rated: PG Starring: Bill Murray, Dan Aykroyd and Sigourney Weaver

Look what you missed in September!



“Enjoying the trivia games and restaurant trips. So many creative activities to choose from and keep us active and engaged.”

“Everyday is more exciting than the previous one!”



“Bingo and socials are high on my list. The gem painting (craft) is my favorite. Love going to different restaurants each month too.”



“Lots of laughter and fun we have on the green grass (playing bucket golf and croquet) of Mahova. Join us even as a spectator and you may want to take a swing at it.”



Resident Birthdays

Happy Birthday to the following residents who celebrate their birthdays:

10/3 Charlie Hinson	10/17 Ted Holm
10/5 Mary Breeden	10/22 Paula Swansey
10/8 Sarah Rosen	10/22 Chris Taylor
10/11 Robert Young	10/23 Richard Andrews
10/13 Carter Bell	10/23 David Armistead
10/15 Frances Bailey	10/27 Grace O'Connell
10/15 Anne Godfrey	10/28 Nick Matthews
10/16 Carroll Jones	10/29 Tom Hall

Scan this QR image to go to the Masonic Home Website



Masonic Home Census: 166

Employee Birthdays

10/1 Leisa Liverpool
10/2 Kathy Bryant-Botkin
10/4 Carmen Snead
10/11 Christopher Smith
10/12 Marjorie Martin
10/17 Eva Baker
10/19 Patricia Eubank
10/22 Cheryl Harris
10/28 Deborah Crawley
10/30 Martha Gresham

New Hires

Carl Shiles, HVAC Tech
Elvira Orozco, LPN PRN
Ternaett Page, CNA PRN
Lashonda McClain, LPN PRN
Norvella Rambert, LPN PRN

MAHOVA - Your Masonic Community
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Assisted Living Administrator

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