



THE RIDGE

AT GRANDVIEW

700 Corporate Ridge • Birmingham, AL 35242 • 205-236-7534

Popcorn Pick: 'The Birds'

The poster for this 1963 thriller features a menacing quote by its legendary director, Alfred Hitchcock: "It could be the most terrifying motion picture I have ever made." His film is based on a story by novelist Daphne du Maurier. Beautiful socialite Melanie Daniels (Tippi Hedren in her first acting role) visits a California seaside town, where, inexplicably, birds of all types begin attacking people. Along with Hitchcock's flair for suspense, movie historians note the special effects that used real and animated birds, plus a sinister soundtrack not made of music, but bird sounds.

Don't Cross a Crow

Crows have a good memory and never forget a human face, especially someone who has ruffled their feathers. Wildlife biologists who have studied this phenomenon say the birds can remember people who have threatened them—even after several years—and warn their offspring and other crows in their flock, passing on their grudge against potential threats.

Remember When: Letter Jackets

There was a time when nothing symbolized school spirit more than the iconic letterman jacket. The tradition began in 1865, when members of Harvard University's baseball team had the letter H sewn onto their knit sweater uniforms. Other teams followed, and by the 1930s, proud high school and college athletes across the country were sporting cardigans and later, wool jackets that displayed their school initial.

October 2025



October Pleasures

"There is no season when such pleasant and sunny spots may be lighted on, and produce so pleasant an effect on the feelings, as now in October."

—Nathaniel Hawthorne

Wild World: Monarchs

Monarch butterflies may only live a few months, but in that time, some will make a 3,000-mile journey south to Mexico. They are the only butterflies to migrate such a long distance, and later generations will make the same trip, sometimes returning to the exact tree as their ancestors. Monarch caterpillars eat milkweed almost exclusively, but reduced acreage of the plant—as well as natural disasters in Mexico—are threatening the butterflies' population.

Goose Bumps

Goose bumps develop on the skin as an involuntary response to cold temperatures or strong emotions such as fear, pleasure or excitement. They are caused by tiny muscles connected to each hair follicle contracting and pulling the hair erect. The same thing happens in other mammals for the same reasons; for example, a cat's fur stands up when it is frightened or angry.



October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Activities will take place in the Farmhouse Cafe unless otherwise stated.			1 10:00 Daily Stretches 11:00 Bible Study with Joe Clark 2:00 Wine Time 3:00 Social Hour 4:00 Puzzles	2 10:00 Core Exercises 10:30 Daily Devotional 2:00 Taste Test 3:00 Social Hour 4:00 Scrabble	3 9:30 SHOPPING TRIP 10:00 Chair Yoga 10:30 Daily Devotional 2:00 BINGO 3:00 Social Hour 4:00 Dominos	4 10:00 Daily Stretches 11:30 Self-Directed Art 3:00 Social Hour 4:00 Bananagram Game
5 10:00 Daily Stretches 10:30 Church at Brook Highlands Service, via Streaming 11:30 Self-Directed Art 2:00 Bible Study with Dan 3:00 Social Hour 4:00 Checkers or Chess	6 10:00 Chair Yoga 10:30 Daily Devotional 2:00 Art-Craft 3:00 Social Hour 4:00 Ring Toss game	7 10:00 Balance Exercises 10:30 Devotional Time with Tammy 11:00 Music with Donny 2:00 BINGO 3:00 Social Hour 4:00 Puzzles	8 10:00 Daily Stretches 11:00 Bible Study with Joe Clark 2:00 Wine Time with Susan 3:00 Social Hour 4:00 Scrabble	9 10:00 Core Exercises 10:30 Daily Devotional 2:00 Taste Test 3:00 Social Hour 4:00 Dominos	10 9:30 SHOPPING TRIP 10:00 Chair Yoga 10:30 Daily Devotional 1:30 National Angel Food Cake Day 2:00 BINGO 3:00 Social Hour 4:00 Bananagram Game	11 10:00 Daily Stretches 11:30 Self-Directed Art 3:00 Social Hour 4:00 Checkers or Chess
12 10:00 Daily Stretches 10:30 Church at Brook Highlands Service, via Streaming 11:30 Self-Directed Art 2:00 Bible Study with Dan 3:00 Social Hour 4:00 Ring Toss game	13 Columbus Day 10:00 Chair Yoga 10:30 Daily Devotional 2:00 MUSIC GUEST James & James 3:00 Social Hour 4:00 Puzzles	14 10:00 Balance Exercises 10:30 Devotional Time with Tammy 11:00 Music with Donny 1:00 Karaoke with Serena 2:00 Birmingham Museum of Art Speaker 3:00 BINGO 4:00 Scrabble	15 10:00 Daily Stretches 11:00 Bible Study with Joe Clark 2:00 Wine Time 3:00 Social Hour 4:00 Dominos	16 10:00 Core Exercises 10:30 Daily Devotional 1:00 Karaoke with Serena 2:00 Bookmobile outside Lobby 3:00 Social Hour 4:00 Bananagram Game	17 9:30 SHOPPING TRIP 10:00 Chair Yoga 10:30 Daily Devotional 2:00 BINGO 3:00 Social Hour 4:00 Checkers or Chess	18 10:00 Daily Stretches 11:30 Self-Directed Art 3:00 Social Hour 4:00 Ring Toss game
19 10:00 Daily Stretches 10:30 Church at Brook Highlands Service, via Streaming 11:30 Self-Directed Art 2:00 Bible Study with Dan 3:00 Social Hour 4:00 Puzzles	20 10:00 Chair Yoga 10:30 Daily Devotional 1:00 Art with Serena -Scarecrow 3:00 Social Hour 4:00 Scrabble	21 10:00 Balance Exercises 10:30 Devotional Time with Tammy 11:00 Music with Donny 2:00 Alabama Ballet Dancers 3:00 BINGO 4:00 Dominos	22 10:00 Daily Stretches 11:00 Bible Study with Joe Clark 2:00 Wine Time 3:00 Social Hour 4:00 Bananagram Game	23 10:00 Core Exercises 10:30 Daily Devotional 2:00 Taste Test 3:00 Social Hour 4:00 Checkers or Chess	24 9:30 SHOPPING TRIP 10:00 Chair Yoga 10:30 Daily Devotional 2:00 BINGO 3:00 Social Hour 4:00 Ring Toss game	25 10:00 Daily Stretches 11:30 Self-Directed Art 3:00 Social Hour 4:00 Puzzles
26 10:00 Daily Stretches 10:30 Church at Brook Highlands Service, via Streaming 11:30 Self-Directed Art 2:00 Bible Study with Dan 3:00 Social Hour 4:00 Scrabble	27 10:00 Chair Yoga 10:30 Daily Devotional 11:00 Lunch Outing 2:00 Art-Craft 3:00 Social Hour 4:00 Dominos	28 10:00 Balance Exercises 10:30 Devotional Time with Tammy 11:00 Music with Donny 2:00 BINGO 3:00 Social Hour 4:00 Bananagram Game	29 10:00 Daily Stretches 11:00 Bible Study with Joe Clark 2:00 Wine Time 3:00 Social Hour 4:00 Checkers or Chess	30 10:00 Core Exercises 10:30 Daily Devotional 2:00 Resident Council Meeting 3:00 HALLOWEEN BINGO 4:00 Ring Toss game	31 9:30 SHOPPING TRIP 10:00 Chair Yoga 10:30 Daily Devotional 2:00 HALLOWEEN Party 3:30 Costume Contest	*Any outing is weather permitting and will be rescheduled ASAP if we are unable to attend.



Board Game Fun

From backgammon, which can be traced to about 3000 B.C., to today's newest offerings, board games have long been a way for families and friends to bond and play. Take a look at some of the most popular board games of modern times and think about all the fun had around the table. How many have you played?

1930s: Monopoly, Scrabble, Rummikub, Sorry!

1940s: Clue, Candy Land, Chutes and Ladders

1950s: Risk, Yahtzee, Diplomacy

1960s: Mouse Trap, Battleship, Hungry Hungry Hippos, Operation

1970s: 221B Baker Street, Perfection, Black Box, Dungeons & Dragons

1980s: Trivial Pursuit, Pictionary, Outburst, Taboo

1990s: Mad Gab, Pretty Pretty Princess, Cranium, Mars 2020

2000s: Blokus, Carcassonne, Dicecapades, Bezzerwizzer

2010s: Azul, Patchwork, 7 Wonders, Splendor

"This Month In History" OCTOBER

1792: In the nation's new capital city, Washington, D.C., the cornerstone of the White House is laid.

1903: The Boston Americans defeat the Pittsburgh Pirates five games to three to win the first World Series.

1931: Comic strip crime fighter "Dick Tracy" debuts.

1949: At a ceremony in Beijing, revolutionary leader Mao Zedong formally announces the creation of the People's Republic of China.

1955: Children's TV shows "Captain Kangaroo" and "The Mickey Mouse Club" air their first episodes.

1957: The Space Age begins when the Soviet Union launches Sputnik I, the first man-made satellite, into orbit.

1962: "Dr. No," the first in the popular James Bond spy film franchise, premieres in London.

1979: Mother Teresa wins the Nobel Peace Prize for her work with the poor in India.

1982: The musical "Cats" opens on Broadway, beginning a record run of more than 7,000 performances.

1995: Rallying for unity and family values, hundreds of thousands gather in Washington, D.C., for the Million Man March.

2000: An American astronaut and two Russian cosmonauts arrive for a four-month stay as the first residents of the International Space Station.

2003: Supersonic jet travel comes to an end when the final flights of three Concorde passenger jets land at London's Heathrow Airport.

2011: The Martin Luther King Jr. Memorial is formally dedicated in Washington, D.C., after a postponement due to Hurricane Irene.