



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
			1 9:00 Daily Stretches 9:30 Daily Devotional 10:00 Bible Study 2:00 Fine Motor Games 3:00 Social Hour 4:00 Board Games - Puzzles	2 9:00 Daily Stretches 9:30 Daily Devotional 2:00 Art with Erla 3:00 Social Hour 4:00 Board Games - Puzzles	3 9:00 Daily Stretches 9:30 Daily Devotional 2:00 Snack Attack 3:00 Social Hour 4:00 Board Games - Puzzles	4 9:00 Daily Stretches 9:30 Daily Devotional 3:00 Social Hour 4:00 Board Games - Puzzles
5 9:00 Daily Stretches 9:30 Daily Devotional 3:00 Social Hour 4:00 Board Games - Puzzles	6 9:00 Daily Stretches 9:30 Daily Devotional 2:00 Music Time - Karaoke 3:00 Social Hour 4:00 Board Games - Puzzles	7 9:00 Daily Stretches 9:30 Daily Devotional 10:00 Music with Donny 2:00 BINGO 3:00 Social Hour 4:00 Board Games - Puzzles	8 9:00 Daily Stretches 9:30 Daily Devotional 10:00 Bible Study 2:00 Fine Motor Games 3:00 Social Hour 4:00 Board Games - Puzzles	9 9:00 Daily Stretches 9:30 Daily Devotional 2:00 Art with Erla 3:00 Social Hour 4:00 Board Games - Puzzles	10 9:00 Daily Stretches 9:30 Daily Devotional 2:00 Snack Attack - Angel Food Cake Day 3:00 Social Hour 4:00 Board Games - Puzzles	11 9:00 Daily Stretches 9:30 Daily Devotional 3:00 Social Hour 4:00 Board Games - Puzzles
12 9:00 Daily Stretches 9:30 Daily Devotional 3:00 Social Hour 4:00 Board Games - Puzzles	13 Columbus Day 9:00 Daily Stretches 9:30 Daily Devotional 2:00 MUSIC GUEST James & James 3:00 Social Hour 4:00 Board Games - Puzzles	14 9:00 Daily Stretches 9:30 Daily Devotional 10:00 Music with Donny 11:00 Art with Serena 2:00 Birmingham Museum of Art Speaker 3:00 Social Hour 4:00 Board Games - Puzzles	15 9:00 Daily Stretches 9:30 Daily Devotional 10:00 Bible Study 2:00 Fine Motor Games 3:00 Social Hour 4:00 Board Games - Puzzles	16 9:00 Daily Stretches 9:30 Daily Devotional 10:30 Karaoke with Serena 2:00 Art with Erla 3:00 Social Hour 4:00 Board Games - Puzzles	17 9:00 Daily Stretches 9:30 Daily Devotional 2:00 Snack Attack 3:00 Social Hour 4:00 Board Games - Puzzles	18 9:00 Daily Stretches 9:30 Daily Devotional 3:00 Social Hour 4:00 Board Games - Puzzles
19 9:00 Daily Stretches 9:30 Daily Devotional 3:00 Social Hour 4:00 Board Games - Puzzles	20 9:00 Daily Stretches 9:30 Daily Devotional 2:00 Music Time - Karaoke 3:00 Social Hour 4:00 Board Games - Puzzles	21 9:00 Daily Stretches 9:30 Daily Devotional 10:00 Music with Donny 2:00 Alabama Ballet Dancers 3:00 Social Hour 4:00 Board Games - Puzzles	22 9:00 Daily Stretches 9:30 Daily Devotional 10:00 Bible Study 11:00 Lunch Outing 2:00 Fine Motor Games 3:00 Social Hour 4:00 Board Games - Puzzles	23 9:00 Daily Stretches 9:30 Daily Devotional 2:00 Resident Council Meeting 3:00 Social Hour 4:00 Board Games - Puzzles	24 9:00 Daily Stretches 9:30 Daily Devotional 2:00 Snack Attack 3:00 Social Hour 4:00 Board Games - Puzzles	25 9:00 Daily Stretches 9:30 Daily Devotional 3:00 Social Hour 4:00 Board Games - Puzzles
26 9:00 Daily Stretches 9:30 Daily Devotional 3:00 Social Hour 4:00 Board Games - Puzzles	27 9:00 Daily Stretches 9:30 Daily Devotional 2:00 Music Time - Karaoke 3:00 Social Hour 4:00 Board Games - Puzzles	28 9:00 Daily Stretches 9:30 Daily Devotional 10:00 Music with Donny 2:00 BINGO 3:00 Social Hour 4:00 Board Games - Puzzles	29 9:00 Daily Stretches 9:30 Daily Devotional 10:00 Bible Study 2:00 Fine Motor Games 3:00 Social Hour 4:00 Board Games - Puzzles	30 9:00 Daily Stretches 9:30 Daily Devotional 2:00 Art with Erla 3:00 Social Hour 4:00 Board Games - Puzzles	31 9:00 Daily Stretches 9:30 Daily Devotional 2:00 Snack Attack 3:00 Social Hour 4:00 Board Games - Puzzles	



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.