



LEGACY RIDGE

AT ALPHARETTA

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Apples for October

It's National Apple Month! Not only is it the perfect time for a warm, fragrant glass of apple cider or bundling up and going apple picking, but Oct. 31 also celebrates Caramel Apple Day.



Comfy and Cozy

Prepare your home for fall and winter by making it feel cozy and inviting. Create texture by pulling out soft blankets and pillows and spreading out a new throw rug. Embrace soft, warm lighting with lamps in your living area. Finally, keep your space tidy so your home is a comfortable retreat in the months ahead.



October 2023

Resident in the Spotlight



Michael Christian is our resident in the spotlight for the month of October. With his witty and laid-back personality, he makes anyone he meets feel at home. Michael is from Detroit, Michigan. He studied Mass Communication at Wayne State University. He worked for the Department of Sewerage for 33 years. He has one daughter and two grandsons. In his spare time, Mike, as we know him, enjoys listening to all genres of music and spending time with family.

Associate in the Spotlight!



Raphael is our amazing associate in the spotlight for October. Raphael is a part of our dining service team. He enjoys studying English, listening to music and dancing. Raphael is also a medical professional in Venezuela. Raphael loves helping others and making our residents happy. Congratulations, Raphael!



Digging in the Past

Celebrate National Fossil Day—the Wednesday of the second full week in October—with a prehistoric peek at some significant fossil discoveries.

Year(s)	Fossil Findings
1676	An English professor finds a giant femur. Later, it's determined it belonged to the Megalosaurus—the first dinosaur discovered and named.
1835	Biologist Louis Agassiz first describes the megalodon shark. Their gigantic fossilized teeth are triple the size of a great white shark.
1861	The skeleton of a feathered dinosaur, Archaeopteryx, is found, establishing a link between dinosaurs and modern birds.
1909	The Burgess Shale fossil site is uncovered in the Canadian Rockies. It contains numerous examples of early arthropods, mollusks and other creatures.
1938	Thought to have gone extinct 66 million years ago, an alive and well coelacanth fish—dubbed a “living fossil”—is found off the coast of South Africa.
1990	The most complete Tyrannosaurus rex skeleton is unearthed in South Dakota. “Sue” is now on display at Chicago’s Field Museum of Natural History.
2010	Siberian hunters come across the Yuka Mammoth. The 39,000-year-old animal is the best-preserved woolly mammoth in history.

“This Month In History”

OCTOBER

1925: The National Life and Accident Insurance Company introduces its own radio station, WSM. A little over a month later, the station airs the Barn Dance program, and the Grand Ole Opry is born.

1945: The United Nations is established to maintain international peace and security. The UN took the place of the League of Nations after World War II, going into effect on Oct. 24.

1957: The Brooklyn Dodgers announce that the team is moving to Los Angeles. Although this left many New

Yorkers with broken hearts, the move brought the MLB to the Pacific Coast for the first time.

1968: NASA’s Apollo 7 launches humans into space. It was the agency’s first manned flight in over a year.

1975: “Live from New York, it’s Saturday Night!” George Carlin hosts the first episode of “NBC’s Saturday Night.” Still on air, the sketch comedy show is now known as “Saturday Night Live” or simply “SNL.”

1989: Wayne Gretzky becomes the all-time leading point scorer in the NHL. Surpassing Gordie Howe on Oct. 15, Gretzky still holds this record today with 2,857 points.

1993: Beloved novelist Toni Morrison wins the Nobel Prize in Literature. Receiving the prize for her “visionary force and poetic import,” she was the first Black woman to earn this honor.

2014: The podcast boom begins with the debut of “Serial.” After only a month, the true-crime series had been downloaded and streamed a record 5 million times.