

October

NEWSLETTER

IN THIS ISSUE:

- October birthdays
- Special events in October
- October Programming
- **Special Days:**
 - Canadian Islamic History Month
 - Thanksgiving
 - Halloween
- Community Programs & Supports
- Fresh from the Our Place Kitchen
- Mental Health Tips of the Month
- Acts of Kindness
- Something fun! 😊



OUR PLACE COMMUNITY OF HOPE
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October Birthdays

Our Place Birthdays

Jeff G – October 13th

Caroline M – October 18th

Patty E – October 20th

Suzanne L – October 22nd

Nancy L – October 30th



Famous Birthdays

Gwen Stefani – October 3rd

Matt Damon – October 8th

Sharon Osbourne – October 9th

Snoop Dogg – October 20th

Kim Kardashian – October 21st

Drake – October 24th

Katy Perry – October 25th

Julia Roberts – October 28th

Winona Ryder - October 29th



Special Events in October

Thanksgiving Dinner: Join us on Friday October 6th between 2:30-4:45pm to enjoy a delicious Thanksgiving meal and dessert! *Limited quantities available on a first come first served basis.*

CLOSED: We will be closed on Monday October 9th for the Thanksgiving holiday.

Live Music with Kevin & Chas: Join us on Friday October 13th and 27th at 2:00pm to hear our wonderful volunteers play some amazing tunes.

Halloween Dance: We will be having our first dance since the pandemic on Friday October 27th between 3:30-5:30pm! Join us on this night to enjoy some spooky tunes.



Halloween Costume Contest: We will be hosting a costume contest on Tuesday October 31st at 3:30pm! Come with your most creative costumes and join in on the fun. Prizes will be available.

Our Place Weekly Programs

Gaming Tournaments – Mondays at 2:45pm (*in-person*)

Come and join us as we play fun games every week! Games include: Trivia, Name that Tune, and.... CARD GAMES! **Limited capacity.**

Bingo – Tuesdays at 1:00 pm and some Thursdays at 3:30 pm (*in-person*)

Bingo is back in person! Enjoy a game with us as there are great prizes to be won!

Karaoke – Monday & Wednesday at 12:30 pm (*in-person*)

Yay! Karaoke is making a comeback, but with a few changes. The program will run for one hour on Wednesdays where you can have your moment to shine with a mic! Hope to see and hear you all then. J **Limited capacity.**

Art & Crafts Group – Thursday at 3:30pm and 1:30pm (*in-person*)

Art & Crafts is a time to explore your creative side and connect with others. It will include drawing and coloring, painting, sketching and many more fun activities. Suggestions are welcome! 😊

Writing Group – Fridays at 1:30pm (virtual)

Writing Group with Peter (a professional journalist!) is a time to connect with others, build friendships and get creative together. Everyone is welcome to join in and no experience is necessary!

Link to join Writing Group via Zoom: <https://us06web.zoom.us/j/93536287038>

Join by phone, dial: **647-374-4685**. When prompted, enter in the Meeting ID: **935 3628 7038**

Community Programs & Supports

Please ask one of the Our Place Staff if you need access to a phone or computer

Addiction Support Groups: If you are on a journey with addictions and are seeking support from the community, feel free to contact any of these communal resources.

<i>Narcotics Anonymous</i> Toronto – call 1-888-811-3887	<i>KeepSIX Consumption and Treatment Services (CTS)– 955 Queen Street East) – 416-461-1925 ext 2264</i>	<i>Evangel Hall Mission – 552 Adelaide Street West – 416-504-8056</i>
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Community Fridges Toronto is a mutual aid organization made up of community members and volunteers working to provide food for those in need. They have several fridges and pantries across the city (locations listed below) and they operate on a “take what you need, leave what you don’t” basis. Feel free to visit any fridge to pick up or drop off food.

214 Wright Street	782 Adelaide Street West	250 Westlake Avenue	499 Parliament Street
1132 College Street	870 Dundas Street West	348 Pape Avenue (Pantry)	

Allan Gardens Food Bank 353 Sherbourne Street: You can visit and collect food from the bank once a week either on Thursday or Friday from 12:30pm to 3:00pm. Everyone who is interested must register and complete the intake process if it is your first time visiting. Please remember to bring your own bag.

Bloor West Food Bank 2305 Bloor St. West at the St. Pius X Catholic Church: They provide Prepacked bags for those who have made an appointment to visit. To make an appointment, email at appointments.foodbank@gmail.com. The food bank is open every Friday from 12:30pm to 3:00pm.

Feed it Forward Grocery Store 2770 Dundas Street West, Unit A: They’re open every day of the week; Monday to Sunday 11:00am to 6:00pm. The grocery store has items from vegetables, fruits, hot and ready to serve food, canned foods and cupboard items. The

pay what you can system works with points (each \$0.50 cents is equivalent to 1 point). Different items cost different amount of points/dollars (ex. Bread \$1 or 2 points, Salad \$1 or 2 points, Peppers \$0.50 or 1 point). They accept cash payments happily. J

Parkdale Activity-Recreation Centre (PARC) 1499 Queen Street West: A drop-in space running daily to support those who do not have stable housing (in shelter, respite). Meal Programming runs from Monday – Thursday from 9:30am to 12:30pm, Fridays from 1:00pm to 4:00pm, Saturday and Sunday from 11:00am to 3:00pm.

Evangel Hall Mission 552 Adelaide Street West: Clothing bank and various drop-in services are available Monday – Friday from 10:30 am to 12:30 pm. If you are in need of a shower, need access to laundry facilities, they provide services on Tuesdays and Thursdays. Registration for these specific services start at 9 am.

Davenport-Perth Neighbourhood Community Health Centre 1900 Davenport Rd: Provides free harm reduction kits and other support. Contact (416) 656-8025 for more information. They offer short term, one-on-one crisis support and information on OW, ODSP, shelter and housing, and health-related supports. Contact their CSCI worker to book an appointment → Ingrid Moreno (416) 656-8025 ext. 401.

Shelter Beds and Respite Centres: If you need a place to stay you can access 24-hour respite sites and shelters by calling at (416) 338-4766 or toll-free at 1-877-338-3398.

Gerstein Crisis Centre: Provides 24/7 telephone support, community support referrals, substance use crisis management, follow-up and access to short-term crisis beds. They also have an in-person mobile crisis team. Call (416) 929-5200 to access support.

Canadian Islamic History Month

October is Canadian Islamic History Month. This month is dedicated to acknowledging the contributions of Muslim communities to Canadian society as well as the barriers faced due to Islamophobia and religious intolerance. This year's theme is Celebrating Muslim Women in the Arts and Sciences. Below are just a few examples of Muslim Canadian women who have demonstrated resiliency and innovation in their contributions to arts and culture in Canada! →

Reem Ahmed

Reem is a Toronto Metropolitan University graduate who did her degree in biomedical engineering. She was the first hijabi contestant on MasterChef Canada in 2018. Reem said being a participant on the show was an opportunity for her to push back against misconceptions about Muslim women in the public eye. You can check out her recipes online at cookwithreem.com!



Dr. Fatima Jackson Best

Best is a Black Canadian Muslim woman from Toronto. Best has always been interested in the field of mental health. When completing her studies, she observed a considerable lack of research concerning her own community. In response, she published the first consolidation of studies concerning mental health in Black Muslim communities in Canada.



Ginella Massa

When Ginella was a girl, she wanted to be the first hijabi woman news anchor on Canadian television. She originally planned to work in radio since she felt what she looked like might limit her opportunities in television. Her mother encouraged her to look beyond this perceived limitation and to pursue her goals. In November of 2016, she became the first woman in hijab to anchor a major Canadian newscast!



Dr. Afua Cooper

Cooper is an author, teacher, and spoken word poet. She began her career as a teacher when she immigrated to Canada in 1980, and converted to Islam in 1988. She has published several books on Black Canadian history, and is one of the founders of the Toronto Dub Poets' Collective, as well as the founder of the Black Canadian Studies Association. She currently works as a teacher at Dalhousie University for Sociology and Social Anthropology.



All of these women's contributions to the literary world and to arts and culture in Canada constitute a major source of inspiration for young Black and Muslim girls in our country. Happy Canadian Islamic History Month!



Thanksgiving



Thanksgiving is October 9th. We typically celebrate Thanksgiving by spending time with loved ones and reflecting on what we're grateful over a roast turkey and other seasonal foods like corn or pumpkin pie.

Did you know that Indigenous peoples held ceremonies celebrating the autumn harvest long before European settlers arrived on the land that is now Canada? Foods such as squash, potatoes, corn and Turkey were all Indigenous foods that were cultivated on this land prior to the arrival of settlers. Giving thanks to and celebrating a bountiful harvest was also a part of Indigenous cultures prior to settler colonialism in Canada.

When celebrating Thanksgiving this year and reflecting on what we're grateful for, let's also demonstrate our gratitude towards the Indigenous caretakers of this land prior to our settlement here! Let's take a moment to think about the land we reside on and the origins of the delicious food we enjoy this time of year. Happy Thanksgiving!

Halloween

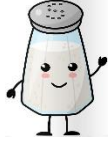
October 31st is Halloween! The tradition originates from the ancient Celtic festival called Samhain, where it was customary to light bonfires and dress in costumes to ward off ghosts. Did you know that Toronto has its very own phantom horseman ghost story? He is believed to ride out of Grenadier Pond in High Park and gallop around the west end neighbourhood. According to a 1903 article from the Toronto Daily Star, the rider rose out of the mists that cover the pond and proceeded to run down pedestrians and even some police officers! "The apparition passes through buildings, and trespasses upon the grounds of the peaceful citizens of Parkdale as if there wasn't a policeman in the world", the article reads. Spooky... Happy Halloween!



A Warm Welcome to Our New Students

As some of you may have already noticed, we have five new placement students joining the Our Place team! Please join us in welcoming Fanny, Monica, Noor, Carolina and Jim! Please join us in welcoming them here and be sure to say hi!





Fresh from the Our Place Kitchen



Delicious Mini Cheesecakes

Crust Ingredients

- 16 Graham Crackers/Wafers
- 1/2 cup unsalted butter
- 1/4 cup sugar
- 1/2 tsp cinnamon

Cheesecake Ingredients

- 456g Cream Cheese
- 1/4 tsp Salt
- 1 cup Sugar
- 1 tsp Vanilla extract
- 2 Eggs
- 2 Egg yolks
- 1/3 cup sour cream



Directions

1. Preheat oven to 350 (177c)
2. Add Graham crackers to the food processor and pulse until broken into small pieces. Add sugar and cinnamon, pulse til mixed in completely. Pour in melted butter while pulsing the processor. Remove blades and use a spatula to mix butter in completely.
3. Use a tablespoon to transfer the mixture to your cupcake tin. Press into a flat layer using a shot glass or small flat tool. Bake for about 8 minutes at 350, or until fragrant and a slightly darker golden color. Remove from the oven, set aside.

For the Filling:

1. Add ROOM TEMPERATURE cream cheese to stand mixer fitted with a whisk attachment and mix at medium speed to cream.
2. Add the sugar and the salt to the bowl and mix on medium until creamy. Scrape bowl down and mix until completely homogenous.
3. Add sour cream and vanilla extract, mix well then add the eggs and yolks one at a time, allowing each to incorporate before adding the next. Scrape the bowl down and mix until completely smooth.
4. Use an ice cream scoop to transfer the cheesecake mixture to your cupcake tin. Fill about 3/4 the way up to the top.

5. Bake at 350F for 18-20 minutes. Turn the oven off but leave the door closed and allow the cake to rest for an additional 20 minutes in the oven. Remove from the oven and cool to room temperature. You can enjoy them warm or chilled.

Dracula's Dentures Cookie

Ingredients

- 1 tube of chocolate chip cookie dough
- Vanilla frosting
- Red food coloring
- Mini marshmallows
- Slivered almonds



Directions

1. Preheat the oven to 350°. Line two large baking sheets with parchment paper. Roll cookie dough into 1 ½" balls and place on baking sheets. Bake until golden, about 12 minutes. Let cool completely then cut in half.
2. Add a few drops of red food coloring into vanilla frosting and stir until smooth. Spread a thin layer of red frosting onto each cookie half.
3. Place mini marshmallows around the round edges of half of the halves. Place the remaining halves on top, then stick a slivered almond on each side to create fangs!

Delicious Golden Cornbread

Ingredients

- All purpose flour
- Yellow cornmeal
- Granulated sugar
- Salt
- Baking powder
- Butter, unsalted
- Egg



Directions

1. Grease a 9-inch round cake pan or cast-iron skillet well and set aside. Preheat the oven to 400 degrees F.

2. In a medium mixing bowl, add the flour, cornmeal, sugar, salt, and baking powder. Whisk to combine well.
3. Make a well in the center of your dry ingredients and add your oil or butter, milk, and egg. Stir just until the mixture comes together and there are only a few lumps remaining.
4. Pour the batter into the prepared pan and bake for 20-25 minutes until the top is a deep golden brown and a toothpick inserted into the center comes out clean.
5. Serve hot!

Mental Health Tips of the Month

Practicing Gratitude

Research shows that showing gratitude can improve your physical and psychological health. People who demonstrate gratitude exhibit fewer aches and pains, as well as a higher degree of happiness and reduced symptoms of depression. Showing gratitude is also thought to enhance empathy and reduce aggression since those who express their gratitude are less likely to seek revenge and more likely to be sensitive and empathetic. Gratitude can also enhance your self-esteem and increase your ability to bounce back from difficult situations. Below is an activity that can help you practice your gratitude!

Journaling: Writing down things that you are grateful for is an easy way to practice gratitude. By reflecting on your day or week and recalling a handful of things you are grateful for, you can focus on all the good things that happened to you during this time. You can use some of these prompts to help you get started! →

I'm grateful for these three things that I here:

I'm grateful for these three things I can see:

I'm grateful for these three things I smell:

I'm grateful for three things I feel:

I'm grateful for these three blue things:

I'm grateful for these three friends:

I'm grateful for these three things in my home:

Preparing Mental Health for the Fall Season

As we start to leave behind the warm summer months, many people experience swings in mental health because of the changing season. Reduced sunlight, less time outdoors, and several other contributors can lead you feeling depressed. Here are some tips to help you keep your spirits up as the weather gets colder!

Create a routine:

Humans are creatures of habit, and routines help our minds and bodies stay on track in the face of life's changes. Starting off your morning with a warm cup of coffee or tea, winding down at night by taking a bath or shower, or maintaining a consistent sleep schedule can help to maintain your mental health this fall.

Spending time outside:

As the days get shorter and the weather becomes colder, finding time to spend outside when you can is important. Spending time outside helps your mind and body by getting the fresh air and vitamin D you need!

Staying Active:

Staying active by doing some light yoga or going for a walk is a great way to boost your immune system and fight off common illnesses in the fall and winter seasons!

Eating a Brain-Healthy Diet

Eating a brain-healthy diet is a great way to positively impact your mental health this autumn. Foods like, fatty fish, nuts, avocados, beans, leafy greens, and fresh fruits all help to get your brain the nutrients it needs to perform its best!

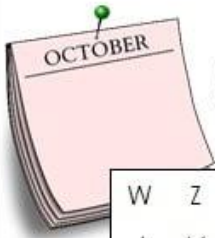
This Month's Acts of Kindness

Over the last few weeks, we have observed several acts of kindness from many of our members. None of this goes unnoticed, and we appreciate all that you do!

- Thanks to Dave for helping us with a little "situation" in the men's washroom.
- Thanks to Don for helping us clean up plates around the center!
- Thanks to Gladys for helping us wipe down the tables!
- Thanks to Randy for helping us put our organic bins back!
- Thanks to George and Eva for donating some prizes to our bingo table!



Name: _____



October Word Search



OCTOBER
HARVEST
HALLOWEEN
PUMPKIN
AUTUMN

FALL
LEAVES
RAKE
ORANGE
RED

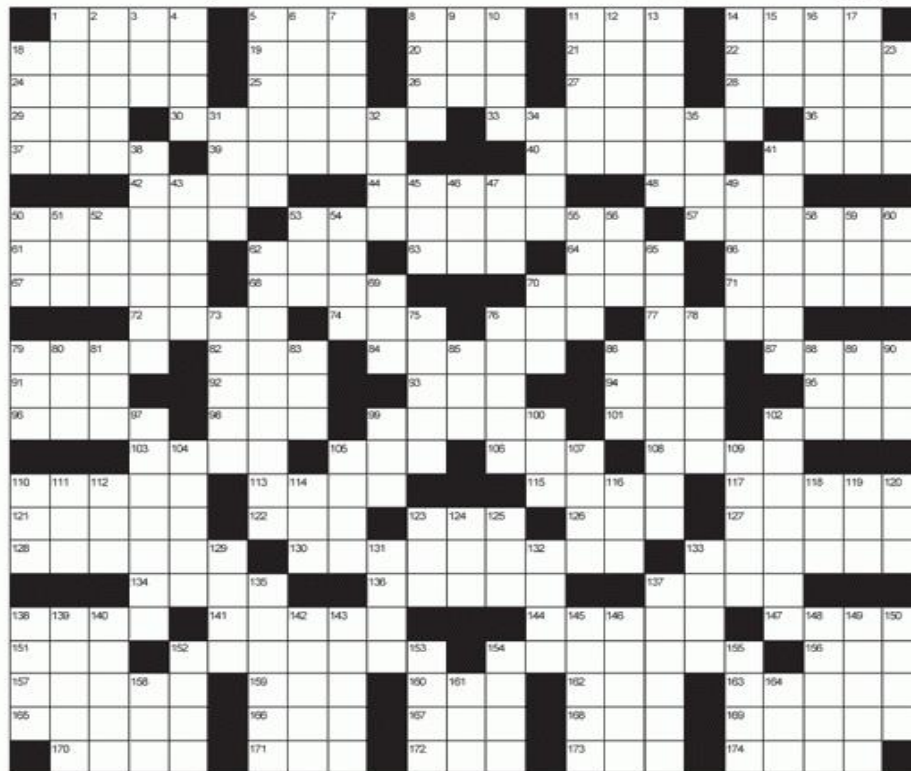
BROWN
TRICK OR TREAT
SCARY
WITCHES
COSTUME





ACROSS

- 1 Reserve Officers Training Corps.
- 5 American Cancer Society (abbr.)
- 8 Rate
- 11 In possession of
- 14 What children learn
- 18 ___ Lee (pie brand name)
- 19 Peak
- 20 Is
- 21 Fire remains
- 22 Vaunts
- 24 Public square
- 25 French "yes"
- 26 That woman
- 27 America
- 28 Jewish scripture
- 29 Able
- 30 Halloween vegetable
- 33 Combined effort of two
- 36 Anger
- 37 Popular stadium
- 39 Arose
- 40 Swimming mammal
- 41 Foot with digits
- 42 CD
- 44 Treat's partner
- 48 Baseball's Babe
- 50 Mexican deep fried food
- 53 Carries load
- 57 Limb
- 61 Lilly-like plant
- 62 Corporate top dog
- 63 Deli order
- 64 Government agency
- 66 Doldrums
- 67 Longitudinal
- 68 Osprey
- 70 Grain
- 71 BB Player Abdul Jabar
- 72 Mistake
- 74 Lower limb
- 76 Sign language
- 77 Fence opening
- 79 With 141 across, a bad dream
- 82 Expert
- 84 Phantom
- 86 Head motion
- 87 Lemons
- 91 Brew
- 92 Decay
- 93 Grain
- 94 Day of the week (abbr.)
- 95 Winter sport
- 96 Dad
- 98 What a nurse gives
- 99 Radioactivity unit
- 101 Fib
- 102 Snaky fish
- 103 Tropical bird
- 105 Movie 2001's talking computer
- 106 Rock group
- 108 Ballet skirt
- 110 Shelter
- 113 Deride
- 115 Whip
- 117 Musical composition
- 121 Frosting
- 122 Electroencephalograph (abbr.)
- 123 Old-fashioned Dads
- 126 Revolutions per minute
- 127 Ditto (2 wds.)
- 128 Arachnid



- 130 Divine governing system
- 133 Shopping expeditions
- 134 Zeal
- 136 Where the ghosts hang out
- 137 Quit
- 138 Ave.'s opposite
- 141 With 79 across, a bad dream
- 144 Spiteful
- 147 Soothe
- 151 Caesar's three
- 152 Start a fight
- 154 Dresses
- 156 Chinese sauce
- 157 Soft drink brand
- 159 Deity
- 160 Ripen
- 162 Kimono sash
- 163 State as an opinion
- 165 Cooks southern chicken
- 166 Fall behind
- 167 Mardi Gras capitol
- 168 60 secs
- 169 Tartan
- 170 Smack
- 171 Vane direction
- 172 Lodge
- 173 Droop
- 174 In ___ (together)

DOWN

- 1 Movie "King"
- 2 Speak in public

- 3 Whirlwind devil
- 4 Cowboy's legging
- 5 Microscopic
- 6 Brilliant action
- 7 Pointy end
- 8 Genghis ___
- 9 Before (prefix)
- 10 Not his
- 11 Ghost's job
- 12 Resources
- 13 Joint user
- 14 Lawyer (abbr.)
- 15 Ghost's greeting
- 16 Oddity
- 17 Leer
- 18 Baths
- 23 Molt
- 31 ___ Minor (Little Dipper)
- 32 Not out of
- 34 Harness
- 35 Chow
- 38 Praise highly
- 41 Expressed gratitude
- 43 "Boot" country
- 45 Abrade
- 46 Ailing
- 47 Central daylight time
- 49 Trick's other option
- 50 Farm credit administration (abbr.)
- 51 Negligent
- 52 Boxer Muhammad
- 53 Ocean

- 54 Werewolf wail
- 55 Virginia's dance
- 56 Resort hotel
- 58 Compass point
- 59 Prompt
- 60 Masculine pronoun
- 62 Trick or Treaters' delight
- 65 Math problem solving
- 69 Cask
- 70 Clock time
- 73 Halloween gathering
- 75 Zombie
- 76 Active
- 78 Bye
- 79 Traveler's aid
- 80 Wing
- 81 Representative
- 83 And so forth
- 85 Paddle
- 86 Football assoc.
- 88 Manipulate
- 89 10 liters (abbr. for dekaliter)
- 90 Bro's sibling
- 97 Altered
- 99 Black Haloween symbol
- 100 Conger
- 102 Greek muse of music
- 104 Halloween costume
- 105 Lofty
- 107 Artist Chagall
- 109 Speed
- 110 Possessive pronoun
- 111 American College of Physicians (abbr.)
- 112 Caesar's seven
- 114 Soggy
- 116 007
- 118 Southwestern Indian
- 119 Buck's mate
- 120 Goddess
- 123 Cooking vessel
- 124 Feign
- 125 ___ Lanka
- 129 Called
- 131 Dines
- 132 Account (abbr.)
- 133 Eye infection
- 135 Work fussily
- 137 ___ along
- 138 Punch
- 139 Fibbers
- 140 Plastic
- 142 Halloween sound
- 143 Elude
- 145 Tiny particles
- 146 Shinbone
- 148 Type of flu
- 149 Audible
- 150 Ogled
- 152 Retired persons association (abbr.)
- 153 Asian dress
- 154 Long time
- 155 Soaks
- 158 Oolong
- 161 Card game
- 164 Wooden sheet

Click Here for Answers

