



Fun Facts About Fall



It's finally time to pull those sweaters out of hibernation (unless you live on the equator) and watch the leaves morph into various shades of yellow and orange. Fall can be a gorgeous time of year but do you know the history behind it? Fear not, friends, we've compiled some fun fall facts to celebrate the day. Enjoy

- Americans typically refer to this time of year as "fall," while the British use the word "autumn." Both terms date back to the 16th century, but before that, it was called "harvest."
- Fall was called "harvest" because of the "harvest moon" that occurs when the full moon is closest to the autumn equinox. Before man-made lighting, this moonlight was essential to a prosperous harvest.
- Weight gain around this time of year may not only be due to comforting fall foods like pumpkin pie and cider; researchers have found that a lack of vitamin D reduces fat breakdown and triggers fat storage.
- According to The Weather Channel, pumpkins are the most craved food during the fall. Although if you've left the house anytime recently, this may not come as a surprise to you.
- The yellow and orange colors you see actually always exist in leaves, but they are overpowered by the abundance of green from chlorophyll. The amount of chlorophyll starts to decrease as the sun weakens and the days grow shorter.
- Red and purple leaves are only that color because of the presence of sugars and sap that are trapped within the leaves. These sugars provide plants with the energy they need to survive.
- Many birds will prepare for their winter migration during the fall. The distance they can travel is impressive; the Arctic Tern travels 11,000 miles each way for its annual migration. That's no small feat.
- We can't forget Halloween! Halloween takes place in the fall and comes from an ancient Celtic tradition. They believed that ghosts roamed on Halloween and people would wear disguises in order to hide from these spirits.



ABUSE HOTLINES

Adult Abuse (800) 392-0210

Domestic Abuse (800) 799-7233

Sexual Assault (800) 656-HOPE

Suicide Prevention (800) 273-TALK

Substance Abuse & Mental Health (SAMHSA)
(800) 662-HELP (4357)

Twin Towers Directory

Housing (573) 785-8265

Maintenance (573) 785-2623

Cut and Curl - (205) 377-3825

CONTACT INFO

NorthsideNutritionCenter
573-686-2074

Resident Services Coordinator
Jessica Dawson – 785-8265

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:00 – Towers Exercise Class 9:00 – Towers Chronic Disease Class	2 8:30 - Towers Walking Group	3 1:00 – Towers BINGO	4
	Monthly Pest Control Week 1 Unit #181 - #262					
5 Bread Shed Community Meal	6 9:00 - Towers Exercise Class 10:00 - Towers Tai Chi Class 1:00 - Towers BINGO Monthly Pest Control Week 2 Units #289-#366 Units #263-#269	7 8:30 - Towers Walking Group 8:00 Grace Toenail Clinic	8 9:00 – Towers Exercise Class 10:00 - Towers Tai Chi Class 9:00 - Northside Nutrition Center MO Highlands Chronic Disease Classes	9 8:30- Towers Walking Group	10 1:00 – Towers BINGO 4:00 - Towers Boys and Girls Club Young at Heart BINGO	11
12 Bread Shed Community Meal	13 1:00 - Towers BINGO 10:00 - Towers Tai Chi Class Monthly Pest Control Week 3 Units #367-#444 Units #270-#288	14 8:30 - Towers Walking Group	15 9:00 – Towers Exercise Class 10:00 - Towers Tai Chi Class	16 8:30 - Towers Walking Group	17 1:00 – Towers BINGO	18
19 Bread Shed Community Meal	20 9:00 – Towers Exercise Class 10:00 - Towers Tai Chi Class 1:00 – Towers BINGO Monthly Pest Control Week 4 Units #445-#498 Units #625-#654	21 8:30 - Towers Walking Group	22 9:00 - Towers Exercise Class 10:00 - Towers Tai Chi Class	23 8:30 - Towers Walking Group	24 1:00 – Towers BINGO	25
26 Bread Shed Community Meal	27 9:00 - Towers Exercise Class 10:00 - Towers Tai Chi Class 1:00 – Towers BINGO	28 8:30 - Towers Walking Group	29 1:00 – Towers BINGO 10:00 - Towers Tai Chi Class	30 8:30 - Towers Walking Group	31 1:00 – Towers BINGO 	