

THE Sungarden TIMES



2045 Skyline Drive, Lemon Grove, CA 91945 Phone (619) 462-5831 Fax (844) 591-9133

License # 374603437

October 2025

Welcome to our
community!

*We offer - Assisted Living -
Memory Care - Respite Stays*

Our Staff

Administrator

Director of Marketing
Susan O'Shaughnessy

Administrative Assistant
Jasmine Ybarra

Culinary Director
Cindy Ramos

Care Supervisor
Claudia Munoz

Activities Director
Marcos Ramos

Building Engineer
Ray Rojas

The History of Halloween: From Ancient Rituals to Modern Celebrations

Halloween, celebrated each year on October 31, is one of the most beloved holidays around the world. Known for costumes, candy, and spooky fun, Halloween has a fascinating history that stretches back more than two thousand years. Its origins are rooted in ancient traditions, later shaped by religion, immigration, and popular culture.

The story of Halloween begins with the Celtic festival of Samhain (pronounced "sow-in"), celebrated in Ireland, Scotland, and parts of Northern Europe. For the Celts, October 31 marked the end of harvest and the beginning of the dark, cold winter. They believed this night blurred the boundary between the living and the dead, allowing spirits to return to the earth. To protect themselves, people lit bonfires and wore costumes made of animal skins to disguise themselves from wandering spirits. Samhain was both a time of fear and of honor families also left offerings of food to welcome the souls of loved ones.



Roman and Christian Influence

As the Roman Empire expanded into Celtic lands, two Roman festivals blended with Samhain: Feralia, a day to remember the dead, and Pomona, a celebration of the harvest goddess associated with apples. This influence may explain traditions like apple bobbing.



By the 8th century, Christianity reshaped the holiday. Pope Gregory III declared November 1st as All Saints' Day, or All Hallows' Day, to honor saints and martyrs. The evening before became All Hallows' Eve, later shortened to Halloween. Christian observances like prayers and vigils merged with older Celtic customs, creating a unique mix of sacred and folk traditions.

Halloween in America

Halloween as we know it was carried to the United States in the 19th century, especially by Irish and Scottish immigrants. Early American Halloween celebrations included gatherings for storytelling, fortune-telling, dancing, and mischief-making. The tradition of trick-or-treating grew out of European practices like "souling," where children went door-to-door offering prayers for the dead in exchange for food. By the mid-20th century, trick-or-treating became widespread in the U.S., turning Halloween into a family-friendly holiday centered around costumes, candy, and community.



Modern Halloween

Today, Halloween is celebrated across the globe with a blend of old and new customs. Pumpkin carving—originally done with turnips in Ireland—has become a symbol of the holiday, while haunted houses, horror films, and themed parties reflect its modern playful spirit. Despite its evolution, Halloween still echoes its ancient roots: a night of mystery, transformation, and a time when the boundary between worlds feels just a little thinner.

Global Spread

Though rooted in Celtic and American traditions, Halloween is now celebrated in countries worldwide, including Canada, the U.K., Mexico, Japan, and Australia. Each place adds its own twist—such as Mexico's Día de los Muertos (Day of the Dead), which honors ancestors around the same time.

Halloween isn't just for costumes and candy—it's also a time for fun, festive food! Here's a spooktacular menu full of creepy, tasty treats to make your night magical.

Witch's Brew Punch

Lime soda, pineapple juice, and green sherbet for a bubbling cauldron effect (optional: add dry ice for smoky magic).

Jack-o'-Lantern Stuffed Peppers

Orange bell peppers carved like pumpkins, stuffed with rice, veggies, and seasoned ground beef (or a vegetarian filling).

Pumpkin Soup in Mini Cauldrons

Creamy roasted pumpkin soup served in small black bowls or hollowed mini pumpkins.

Graveyard Pudding Cups

Chocolate pudding with crushed cookie "dirt," gummy worms, and cookie tombstones.





about Our Community..

Sungarden Terrace is an assisted living community that has been open since July of 2000. We strive to offer a wide variety of activities to promote positive experiences through social interaction and success. We pride ourselves on having a “home-like” atmosphere where everyone feels like family, and we are so grateful for all of you.

Meal Times

(may differ on holidays and special events)

Breakfast is served at 8:00am

Lunch is served at 12:00pm

Dinner is served at 5:00pm



The Joy of Baseball

When I first meet you, in a matter of minutes, we are discussing serious, sometimes complicated and very personal care needs for a person you love. Life is changing for the once strong and independent individual who is now waiting for you to make the decisions. But when we first meet, you are also sharing wonderful memories; you tell me what your parents did for a living, or what interests your spouse had, and how you spent your family time. Often, the topic of baseball comes up!

Even if your loved one was never a “fan” everyone knows the words to “Take Me Out to the Ballgame.” Most have a story about a major league game they attended, can identify with a favorite team and can name an inspiring Hall of Famer. Many of you were involved in Little League, high school or college sports and everyone has an opinion about the Dodgers leaving Brooklyn in 1957.

I am having so much fun this week listening and observing as you visit the front desk and chat about this season’s six Padres bobbleheads on display. We’ve clinched a wild card spot and for the moment we all have a little more hope and joy. Memories are being shared from games past, and our sights are set on a pennant. Baseball is great medicine; “OH, DOCTOR!”

Happy World Series Month,
Susan O’Shaughnessy
Administrator





“BBQ so good, even the tumbleweeds stopped rollin’ to grab a plate. Out here, it’s all about smoky skies, cowboy-sized flavors, and a little yeehaw in every bite.”



If you have any questions or would like to schedule a tour, Please contact Susan O’Shaughnessy at (619) 464 - CARE (2273)
Our Website is Sungardenterrace.com