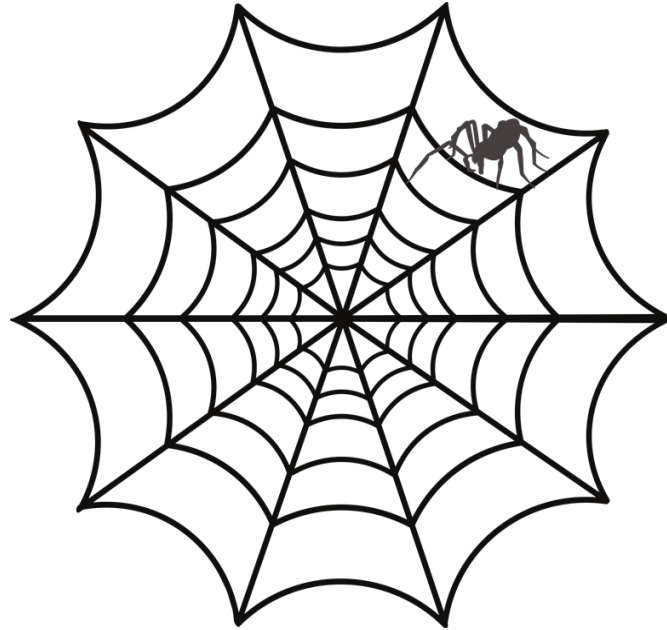


Announcements

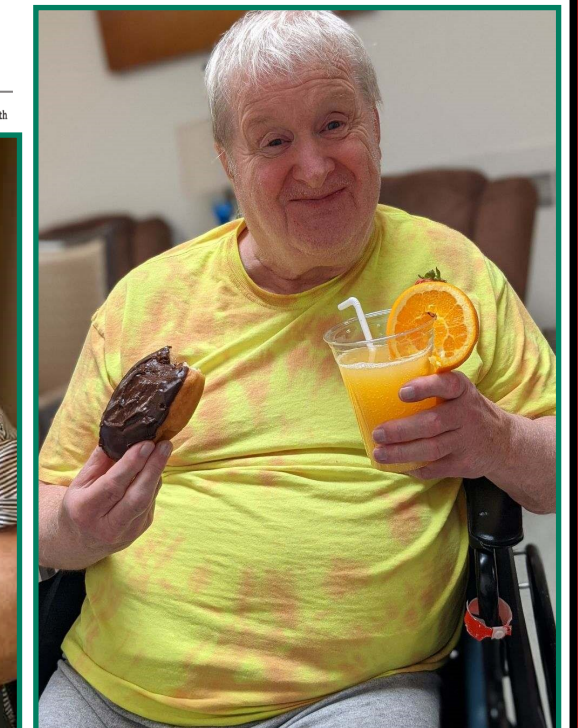
Please ensure you continue to wash your hands, cover your coughs/sneezes, wear your masks, and drink plenty of water!



Flu season is quickly approaching! Soon, Right Dose will be coming to administer shots to our residents! Thank you!

If you enjoy the show "Lawrence Welk" remember to tune into channel 11 on Sunday evenings at 6:00 pm!

This month we'll be watching the movie "Matilda." This film adaptation of a Roald Dahl work tells the story of Matilda Wormwood (Mara Wilson), a gifted girl forced to put up with a crude, distant father (Danny DeVito) and mother (Rhea Perlman). Worse, Agatha Trunchbull (Pam Ferris), the evil principal at Matilda's school, is a terrifyingly strict bully. However, when Matilda realizes she has the power of telekinesis, she begins to defend her friends from Trunchbull's wrath and fight back against her unkind parents.



Important Dates:

Fitness fun is Mondays, Wednesdays, and Fridays!

Manicures are every Monday afternoon!

Come chat with us is every Wednesday afternoon!



The movie is on October 7th!

Pumpkin Painting is October 15th!

Halloween Party is October 29th!

October Activities

October 1st: Oktoberfest Celebration with Myrt and Jerry!

October 5th: Pour Painting in the morning!

October 7th: Come down and watch Matilda and enjoy a snack!

October 8th: We will be making "reverse tie die" Halloween shirts upstairs!

October 12th: For National Farmers Day we will be doing some Farm Word Trivia!

October 14th: In the morning our friends Willy and Susie will be here for Men's Coffee and Ladies' Tea! In the afternoon we will play games on the switch!

October 15th: Join us in the afternoon to paint some pumpkins and drink some fun drinks!

October 18th: We will be having Resident Council in the afternoon, then we will be having a Hymn sing!

October 19th: In the morning we will be making some fun "spider bowls" to use during bingo that afternoon!

October 21st: In the morning we will have Lutheran Communion followed by manicures! And in the afternoon we will be taking 1st floor on a bus trip!

October 22nd: In the afternoon we will be snacking on Peanut butter Cheesecake while Dave Grey performs!

October 26th: In the morning we will be having chair yoga!

October 27th: In the afternoon we will be having Methodist Communion!

October 28th: Willy and Susie will be back to hang out with us in the morning, and in the afternoon we will be taking 2nd floor on a bus trip!

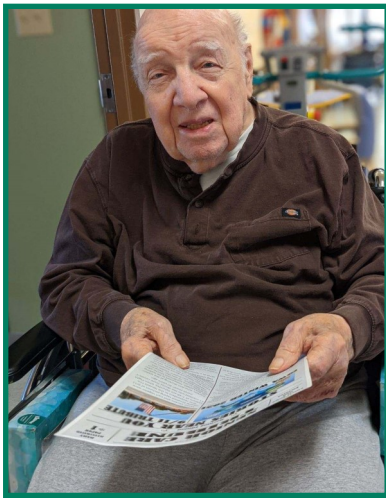
October 29th: Join us in the afternoon for a fun Halloween Party!



Bus Trips!



We sure enjoyed taking a trip last month to go check out the Maxwell area! Next month we'll be going on back over to the Ledges to see the changing trees! If you'd like to join us, look for the sign up sheet in the hallway for October 21st (1st floor) & October 28th (2nd floor.)



We made the most out of hallway activities, one way was our Breakfast Cart! We handed out coffee and "Mock Mosas," Casey's donuts, and the Senior Care Tribune!



Trivia Winners!



Horse Shoe Winners!



Bean Bag Toss Winners!

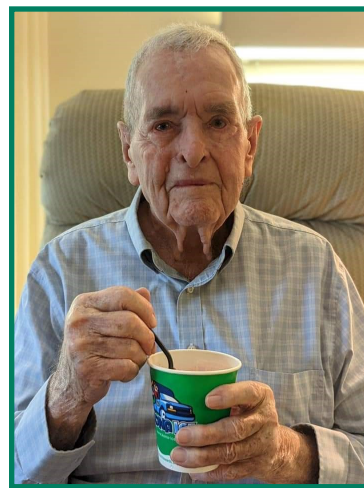
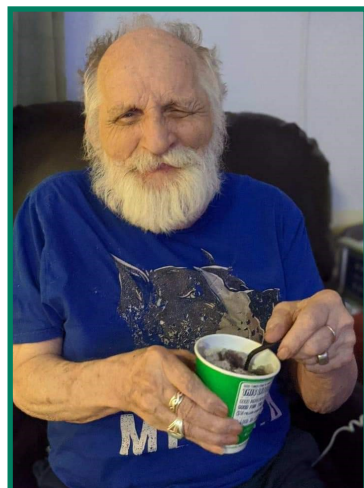
Senior Care Olympics!



Spelling Winners!



Bowling Winners!



It was so nice having a yummy SnoCone from our friends at Kona Ice! They brought their colorful truck filled with colorful snacks for us to enjoy on a hot, early September day!

Music Programs for October:

October 1st:
Myrt & Jerry

October 18th:
Hymn Sing

October 22nd:
Dave Grey

Pints & Pumpkin Painting!

Painting pumpkins is always one of our favorite October craft! Please join us for a cold drink and some messy fun!



Fitness Fun

We have fitness every Monday, Wednesday, and Friday morning! Restorative (the bike) will be "closed" during fitness fun, so come on out, get a good stretch, and have some fun with friends! On Mondays we will do poles, Wednesdays we will do bands, and Fridays will be weights!



We love watching a movie once a month while enjoying a snack! This month we will be watching "Matilda!" Join us on October 7th at 2:30 pm!



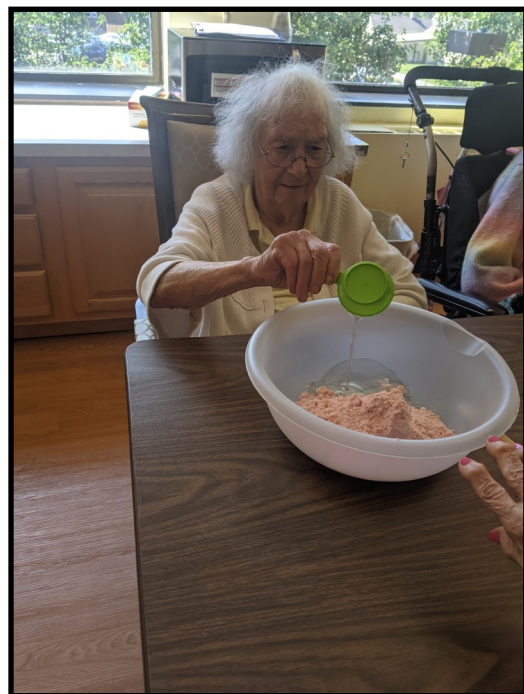
Movie/Snack

We look forward to our two wonderful friends, Willy and Susie, coming to visit with us twice a month! Willy chats it up with the men in the first floor dining room and brings home made cookies from his wife! And Susie hangs out with the women upstairs and brings various treats for them to enjoy!



Men's Coffee & Ladies Tea

Cooking Club



Every Wednesday morning at 10:45 am we meet for Cooking Club! We make enjoy making delicious treats for us to munch on during lunch! Anyone is welcome to join!



Resident Council

Once a month we have a "meeting of the minds" to discuss what is going well, not so well, and any suggestions you may have! Join us this month on Monday, October 18th, at 2:30 pm in the second floor dining room!



Jim will not be able to make it this month, so instead we will be having a sing a long on Monday, October 18th, at 3:30 pm in the 1st floor dining room.



Hymn Sing